|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP & WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 2 BAND & H.I.T**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **RESISTENDS BAND STERNGHT SUPERSETS ON TIME** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BAND GLUTE SIDE WALKS 2 BAND BENT OVER ROW |  |  |  |  |  |
| 2 | 1 BAND DEADLIFT 2 BAND OVERHEAD PRESS |  |  |  |  |  |
| 3 | 1 BAND REVERSE FLY KNEELING  2 BAND GOODMORNING |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **H.I.T. EMOM 2 EXERCISE 8 MINUTEN (4 ROUNDS) 60 SECONDS** | | | | | | |
|  |  | **REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PUSH-UP WALK OUT  2 BAND STEP FORWARD | 4 2X10 |  |  |  |  |
| 2 | 1 JUMPING JACKS 2 BAND STEP SIDE | 25 2X10 |  |  |  |  |

RESISTEND BAND SUPERSETS  
TRAINING 1 4X SETS 30SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE   
TRAINING 2 4X SETS 35SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE   
TRAINING 3 2X2 SETS 30SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE   
TRAINING 4 2X2 SETS 35SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE   
TRAINING 5 3X2 SETS 30SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE   
TRAINING 6 2X3 SETS 35SEC WORK 40SEC REST 10 SECONDS INBETWEEN EXERCISE

HIT EMOM   
TRAINING 1 +0 reps +0 sets   
TRAINING 2 +1 reps +0 sets   
TRAINING 3 +2 reps +0 sets   
TRAINING 4 +3 reps +0 sets   
TRAINING 5 +0 reps +1 sets   
TRAINING 6 +1 reps +1 sets   
TRAINING 7 +2 reps +1 sets   
TRAINING 8 +3 reps +1 sets