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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONOING INTERVAL SKIERG |

**WWW.PT-HAARLEM.NL PROGRAM 1 FATLOSS GYM**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SUPER-SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL FRONT GOBLET SQUATS 2 ASSAUTL BIKE |  |  |  |  |  |
| 2 | 1 BARBELL RDL 2 WALLBALL |  |  |  |  |  |
| 3 | 1 DUMBELL CURL EN PRESS 2 PUSH-UP WALKOUT |  |  |  |  |  |
| 4 | 1 AUSTRAILIAN PULL-UPS 2 DUMBELL WALKING LUNGES |  |  |  |  |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | LEG KICKS |  |  |  |  |  |
| 3 | PLATE SUPERMAN PRESS |  |  |  |  |  |

CONDITIONING INTERVAL SKIERG   
TRAINING 1 4X 40/20   
TRAINING 2 4X 40/30   
TRAINING 3 5X 40/20   
TRAINING 4 5X 40/30   
TRAINING 5 6X 40/20   
TRAINING 6 6X 40/30   
  
SUPERSETS ON TIME SETS WORK TIME REST TIME  
TRAINING 1 4 35 40S  
TRAINING 2 4 40 45S  
TRAINING 3 4 45 40S  
TRAINING 4 5 30 40S  
TRAINING 5 5 45 35S   
TRAINING 6 5 40 30S  
  
  
  
  
  
ABS SINGLE SETS ONTIME  
TRAINING 1 4 35 50S  
TRAINING 2 4 40 50S  
TRAINING 3 4 45 45S  
TRAINING 4 5 30 45S  
TRAINING 5 5 45 50S   
TRAINING 6 5 40 50S