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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UPCONDITIONOING 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 SQUATS2 ASSAUTL BIKE  |  |  |  |  |  |
| 2 | 1 BARBELL RDL2 WALLBALL |  |  |  |  |  |
| 3 | 1 DUMBELL CURL EN PRESS2 PUSH-UP WALKOUT |  |  |  |  |  |
| 4 | 1 AUSTRAILIAN PULL-UPS2 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