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| **1.** |
| **WARMING-UP** |
| PVC WARMING-UP CONDITIONING INTERVAL SKIERG |

**WWW.PT-HAARLEM.NL PROGRAM 1.1 UPPERBODY**

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| **2.**  |
| **SUPER-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | RING/TRX AUTSTRALIAN PULL-UPASSAULBIKE |  |  |  | 2-1-3-1 |  |
| 2 | DUMBELL CHEST PRESSBOX JUMPS |  |  |  | 3-1-2-1 |  |
| 3 | KETTEBELL L-SIT SHOULDER ARNOLD PRESSROPE JUMPS |  |  |  | 2-2-2-1 |  |
| 4 | BAND LATPULL DOWNMEDICINEBALL WALLBALL |  |  |  | 2-2-2-1 |  |

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| **3.** |
| **CORE SINGLE SETS** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | SUPERMAN PRESS |  |  |  | 2-1-2-1 |  |
| 3 | CRUNCHES |  |  |  | 2-2-2-1 |  |

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 3 4 40 45S
TRAINING 5 4 45 40S
TRAINING 7 5 30 40S
TRAINING 9 5 35 35S
TRAINING 11 5 40 30S

CORE SINGLE SETS ON TIME
TRAINING 1 4 35 50S
TRAINING 3 4 40 50S
TRAINING 5 4 45 45S
TRAINING 7 5 30 45S
TRAINING 9 5 45 50S
TRAINING 11 5 40 50S

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP CONDITIONING INTERVAL ASSAULT BIKE |

**WWW.PT-HAARLEM.NL PROGRAM 1.2 LOWERBODY**

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| **2.**  |
| **SUPER-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL GOBLET SQUATSSKIERG |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL RDL DEADLIFTRUNNING |  |  |  | 3-1-2-1 |  |
| 3 | DUMBELL WALKING LUNGESPUSH-UP WALK-OUT |  |  |  | 1-1-1-1 |  |
| 4 | BAND HIP THRUSTERKETTEBELL THRUSTER |  |  |  | 2-2-2-1 |  |

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| **3.** |
| **CORE SINGLE SETS** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | LEG KICKS |  |  |  | 2-2-2-2 |  |
| 2 | SUPERMAN |  |  |  | 2-2-2-1 |  |
| 3 | PLANK |  |  |  |  |  |

CONDITIONING INTERVAL ASSAULT BIKE
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 3 4 40 45S
TRAINING 5 4 45 40S
TRAINING 7 5 30 40S
TRAINING 9 5 35 35S
TRAINING 11 5 40 30S

CORE SINGLE SETS ON TIME
TRAINING 2 4 35 50S
TRAINING 4 4 40 50S
TRAINING 6 4 45 45S
TRAINING 8 5 30 45S
TRAINING 10 5 45 50S
TRAINING 12 5 40 50S