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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | RING/TRX AUTSTRALIAN PULL-UP ASSAULBIKE |  |  |  | 2-1-3-1 |  |
| 2 | DUMBELL CHEST PRESS BOX JUMPS |  |  |  | 3-1-2-1 |  |
| 3 | KETTEBELL L-SIT SHOULDER ARNOLD PRESS ROPE JUMPS |  |  |  | 2-2-2-1 |  |
| 4 | BAND LATPULL DOWN MEDICINEBALL WALLBALL |  |  |  | 2-2-2-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPER-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL GOBLET SQUATS SKIERG |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL RDL DEADLIFT RUNNING |  |  |  | 3-1-2-1 |  |
| 3 | DUMBELL WALKING LUNGES PUSH-UP WALK-OUT |  |  |  | 1-1-1-1 |  |
| 4 | BAND HIP THRUSTER KETTEBELL THRUSTER |  |  |  | 2-2-2-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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