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| **1.** |
| **WARMING-UP** |
|  DYNAMISCHE WARMING-UP  |

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

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| **2.**  |
| **SUPER-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | RENAGADE ROWJUMPING JACKS |  |  |  |  |  |
| 2 | DUMBELL CURL AND PRESSPUSH-UP WALKOUT |  |  |  |  |  |
| 3 | BAND OVERHEAD PRESSBAND STEP-IN FORWARD  |  |  |  |  |  |
| 4 | BAND REVERSE FLYHIGH KNEES |  |  |  |  |  |

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

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 45 35S
TRAINING 11 5 40 30S

ABS 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  |

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

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| **2.**  |
| **SUPER-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL LUNGESBURPEES |  |  |  |  |  |
| 2 | HIP THRUSTERPUSH-UP HOULDER TAP |  |  |  |  |  |
| 3 | BAND DEADLIFTBAND STEP IN SIDE WAYS |  |  |  |  |  |
| 4 | BAND GLUTE SIDE WALKSJUMP SQUATS |  |  |  |  |  |

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

SUPERSETS ON TIME SETS WORK TIME REST TIME
TRAINING 2 4 35 40S
TRAINING 4 4 40 45S
TRAINING 6 4 45 40S
TRAINING 8 5 30 40S
TRAINING 10 5 45 35S
TRAINING 12 5 40 30S

ABS 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