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

**WWW.PT-HAARLEM.NL PROGRAM 1 UPPERBODY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL CHEST PRESS | 8 | 4 |  | 2-1-3-1 |  |
| 2 | CABLE ROW | 8 | 4 |  | 2-2-2-1 |  |
| 3 | DUMBELL L-SIT OVERHEAD PRESS | 8 | 4 |  | 2-2-2-1 |  |
| 4 | BAND LATPULL DOWN | 10 | 4 |  | 2-2-2-1 |  |
| 5 | DUMBELL SHOULDER SIDE RAISES | 10 | 4 |  | 2-1-3-1 |  |
| 6 | CABLE TRICEP EXTENSION | 10 | 3 |  | 3-1-2-1 |  |
| 7 | BARBELL BICEP CURL | 10 | 3 |  | 2-2-3-1 |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | SUPERMAN |  |  |  | 2-2-2-2 |  |
| 3 | DEADBUG |  |  |  | 2-2-2-1 |  |

CONDITIONING INTERVAL ASSAULTBIKE   
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

SINGLE SETS REPS REPS SETS REST TIME  
TRAINING 1 +0 +0 50S  
TRAINING 3 +1 +0 50S  
TRAINING 5 +2 +0 50S  
TRAINING 7 +1 +1 50S  
TRAINING 9 +3 +1 55S   
TRAINING 11 +4 +1 50S  
  
  
  
  
ABS SINGLE SETS ON TIME WORK TIME REST 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 SKIERG INTERVAL |

**WWW.PT-HAARLEM.NL PROGRAM 1 LOWERBODY**

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| **2.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BULGARIAN SPLIT SQUATS | 2X6 | 3 |  | 2-2-2-1 |  |
| 2 | BARBELL BACK SQUATS SQUATS | 6 | 4 |  | 3-1-2-1 |  |
| 3 | BARBELL RDL DEADLIFT | 6 | 4 |  | 2-2-3-1 |  |
| 4 | BAND HIP THRUSTER | 12 | 3 |  | 2-2-2-1 |  |
| 5 | BAND GLUTE SIDE WALKS 3 METER | 4X | 3 |  | 2-1-2-1 |  |
| 6 | BOX JUMPS | 8 | 3 |  | 3-1-2-1 |  |
| 7 | DUMBELL CALF RAISES | 12 | 3 |  |  |  |

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| **3.** | | | | | | |
| **ABS SINGLE SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBH BIKE |  |  |  | 2-2-2-1 |  |
| 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   
  
SINGLE SETS REPS REPS SETS REST TIME  
TRAINING 2 +0 +0 50S  
TRAINING 4 +1 +0 50S  
TRAINING 6 +2 +0 50S  
TRAINING 8 +1 +1 50S  
TRAINING 10 +3 +1 55S   
TRAINING 12 +4 +1 50S

ABS SINGLE SETS ON TIME WORK TIME REST 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