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

|  |
| --- |
| **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

|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UPCONDITIONING SKIERG INTERVAL |

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

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

|  |
| --- |
| **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