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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH CONDITIONING RUNNING EMOM |

**WWW.PT-HAARLEM.NL PROGRAM 2 FATLOSS GYM**

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| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL DEADLIFT 2 ROPE JUMPS (1 REP: 10 JUMPS) | 4X50X |  |  |  |  |
| 2 | 1 KETTEBELL TRHUSTER 2 BURPEES | 10X5X |  |  |  |  |
| 3 | 1 PUSH-UPS2 ASSAULT BIKE | 8X6CAL |  |  |  |  |
| 4 | 1 PULL-UPS 2 BOX JUMPS | 5X 6X |  |  |  |  |

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| **3.** |
| **CORE TABATA**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK 2 LEG KICKS ABS |  |  |  |  |  |
| 2 | 1 HBH BIKE (3 POSITIONS)2 SUPERMAN PRESS |  |  |  |  |  |

CONDITIONING SETS EMOM CALORIEEN
TRAINING 1 4X 70S 7
TRAINING 2 4X 60S 7
TRAINING 3 5X 70S 7
TRAINING 4 5X 60S 7
TRAINING 5 6X` 70S 7
TRAINING 6 6X 60S 7

EMOM 2 EXERCISE
2. STRENGHT EMOM 80 SECONDS
TRAINING 1 4 ROUNDS +0 reps
TRAINING 2 4 ROUNDS +1 rep
TRAINING 3 4 ROUNDS +2 reps
TRAINING 4 5 ROUNDS +0 reps
TRAINING 5 5 ROUNDS +2 reps
TRAINING 6 6 ROUNDS +1 rep
(1 REP: 10 ROPE JUMPS)

CORE TABATA WORK TIME REST TIME
TRAINING 1 3 ROUNDS 22 10
TRAINING 2 4 ROUNDS 20 10
TRAINING 3 4 ROUNDS 24 10
TRAINING 4 5 ROUNDS 20 10
TRAINING 5 5 ROUNDS 24 10
TRAINING 6 6 ROUNDS 20 10