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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) | 4X 50X |  |  |  |  |
| 2 | 1 KETTEBELL TRHUSTER  2 BURPEES | 10X 5X |  |  |  |  |
| 3 | 1 PUSH-UPS 2 ASSAULT BIKE | 8X 6CAL |  |  |  |  |
| 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