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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  CONDITIONING RUNNING AND BIKE PIRAMIDE |

**WWW.PT-HAARLEM.NL PROGRAM 2.1 UPPERBODY**

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | KETTEBELL KNEELING ARNOLD PRESS PUSH-UP WALK-OUT | 8 4 |  |  | 2-2-2-1 |  |
| 2 | LANDMINE ROW  MEDICINEBALL WALLBALL | 8 10 |  |  | 2-2-3-1 |  |
| 3 | PUSH-UPS BURPEES | 8 4 |  |  | 3-1-2-1 |  |
| 4 | PULL-UPS SKIERG | 6  6 |  |  | 2-2-3-1 |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK  2 CRUNCHES |  |  |  | 2-2-2-1 |  |
| 2 | 1 SUPERMAN PRESS  2 SUPERMAN |  |  |  | 2-1-2-1 2-2-2-1 |  |

CONDITIONING   
TRAINING 1 11-9-7 RUNNING / ASSAULT BIKE   
TRAINING 3 12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 5 14-12-10 RUNNING / ASSAULT BIKE   
TRAINING 7 12-10-8-6 RUNNING / ASSAULT BIKE   
TRAINING 9 14-12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 11 16-1412-10 RUNNING / ASSAULT BIKE  
  
EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 1 4 ROUNDS +0 reps   
TRAINING 3 4 ROUNDS +1 rep   
TRAINING 5 4 ROUNDS +2 reps   
TRAINING 7 5 ROUNDS +0 reps   
TRAINING 9 5 ROUNDS +2 reps   
TRAINING 11 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 3 4 ROUNDS 20 10   
TRAINING 5 4 ROUNDS 24 10   
TRAINING 7 5 ROUNDS 20 10   
TRAINING 9 5 ROUNDS 24 10   
TRAINING 11 6 ROUNDS 20 10

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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST  CONDITIONING RUNNING AND BIKE PIRAMIDE |

**WWW.PT-HAARLEM.NL PROGRAM 2.2 LOWERBODY**

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 SIDE PLANK R  2 SIDE PLANK L |  |  |  |  |  |
| 2 | 1 HBH BIKE  2 LEG KICKS |  |  |  | 2-2-2-2 2-2-2-2 |  |

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| **2.** | | | | | | |
| **EMOM 2 EXERCISE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS SKIERG | 5X 6 CAL |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFT ROPE JUMPS (1 REP STAAT AAN 10 JUMPS) | 5X 40X |  |  | 2-1-3-1 |  |
| 3 | KETTEBELL THRUSTER STEP ICE SKATE JUMPS | 10X 2X 6X |  |  |  |  |
| 4 | BAND HIP THRUSTER BOX JUMPS | 8X 6X |  |  | 2-2-3-1 |  |

CONDITIONING   
TRAINING 1 11-9-7 RUNNING / ASSAULT BIKE   
TRAINING 3 12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 5 14-12-10 RUNNING / ASSAULT BIKE   
TRAINING 7 12-10-8-6 RUNNING / ASSAULT BIKE   
TRAINING 9 14-12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 11 16-1412-10 RUNNING / ASSAULT BIKE  
  
EMOM 2 EXERCISE   
2. STRENGHT EMOM 80 SECONDS   
TRAINING 2 4 ROUNDS +0 reps   
TRAINING 4 4 ROUNDS +1 rep   
TRAINING 6 4 ROUNDS +2 reps   
TRAINING 8 5 ROUNDS +0 reps   
TRAINING 10 5 ROUNDS +2 reps   
TRAINING 12 6 ROUNDS +1 rep

CORE TABATA WORK TIME REST TIME   
TRAINING 2 3 ROUNDS 22 10   
TRAINING 4 4 ROUNDS 20 10   
TRAINING 6 4 ROUNDS 24 10   
TRAINING 8 5 ROUNDS 20 10   
TRAINING 10 5 ROUNDS 24 10   
TRAINING 12 6 ROUNDS 20 10