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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 PRESSPUSH-UP WALK-OUT | 84 |  |  | 2-2-2-1 |  |
| 2 | LANDMINE ROW MEDICINEBALL WALLBALL | 810 |  |  | 2-2-3-1 |  |
| 3 | PUSH-UPSBURPEES | 84 |  |  | 3-1-2-1 |  |
| 4 | PULL-UPSSKIERG | 66 |  |  | 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 |  |  |  | 2-1-2-12-2-2-1 |  |

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 |  |  |  | 2-2-2-22-2-2-2 |  |

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| **2.**  |
| **EMOM 2 EXERCISE**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATSSKIERG | 5X6 CAL |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFTROPE JUMPS (1 REP STAAT AAN 10 JUMPS) | 5X40X |  |  | 2-1-3-1 |  |
| 3 | KETTEBELL THRUSTERSTEP ICE SKATE JUMPS | 10X2X 6X |  |  |  |  |
| 4 | BAND HIP THRUSTERBOX JUMPS | 8X6X |  |  | 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