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

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

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| **2.** | | | | | | |
| **SUPER-SETS ON REPS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PUSH-UPS DUMBELL CHEST PRESS | 8 8 | 4 |  | 3-1-2-1 3-1-2-1 |  |
| 2 | CABLE ROW DUMBELL BENT OVER REVERSE FLY | 8 12 | 4 |  | 2-2-2-1 2-2-2-1 |  |
| 3 | KETTEBELL KNEELING OVERHEAD PRESS DUMBELL SIDE RAISES | 8 10 | 4 |  | 2-2-2-1 2-1-3-1 |  |
| 4 | HAMMER BICEP CURL LYING DUMBELL TRICEP EXTENSION | 12 12 | 4 |  | 2-1-3-1 3-1-2-1 |  |

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| **3.** | | | | | | |
| **CORE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBH BIKE |  |  |  | 2-2-2-1 |  |
| 2 | SUPERMAN PRESS |  |  |  | 2-2-2-1 |  |
| 3 | CRUNCHES |  |  |  | 2-2-2-1 |  |

RUNNING 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  
  
SUPERSETS ON 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 +0 +2 50S  
  
  
  
  
ABS SINGLE SETS ON 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

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

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

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| **2.** | | | | | | |
| **SUPER-SETS ON REPS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL GOBLET SQUATS DUMBELL LUNGES BACKWARDS | 8 2X6 | 4 |  | 3-1-2-1 2-2-2-1 |  |
| 2 | BARBELL RDL DEADLIFT BAND HIP THRUSTER | 8 12 | 4 |  | 2-2-3-1 2-3-1-1 |  |
| 3 | BARBELL BOX STEP-UPS  BAND GLUTE SIDE WALKS 3 METER | 2X6 4 | 4 |  | 2-1-2-1 2-2-2-1 |  |
| 4 | BOX JUMPS CALF RAISES | 8 12 | 4 |  | 2-1-1-1 3-1-2-1 |  |

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| **3.** | | | | | | |
| **CORE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | V-UPS |  |  |  | 2-2-2-1 |  |
| 2 | PLANK |  |  |  |  |  |
| 3 | SUPERMAN |  |  |  | 2-2-2-1 |  |

SKIERG EMOM 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  
  
SUPERSETS ON 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 +0 +2 50S

ABS SINGLE SETS ON 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