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

**WWW.PT-HAARLEM.NL PROGRAM 3 FATLOSS GYM**

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| **2.** | | | | | | |
| **TRI-SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL FRONT SQUATS 2 BOX JUMPS 3 SKIERG |  |  |  |  |  |
| 2 | 1 BARBELL RDL DEADLIFT 2 DUMBELL LUNGES WALKING 3 PUSH-UPS |  |  |  |  |  |
| 3 | 1 RING/TRX AUSTRAILIAN PULL UPS   2 PUSH-UP WALKOUT  3 ROPE JUMPS |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BURPEES HANGING KNEE RAISES |  |  |  |  |  |

CONDITIONING   
TRAINING 1 11-9-7 RUNNING / ASSAULT BIKE   
TRAINING 2 12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 3 14-12-10 RUNNING / ASSAULT BIKE   
TRAINING 4 12-10-8-6 RUNNING / ASSAULT BIKE   
TRAINING 5 14-12-10-8 RUNNING / ASSAULT BIKE   
TRAINING 6 16-1412-10 RUNNING / ASSAULT BIKE  
  
  
TRISETS ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 4 35 10 60S  
TRAINING 2 4 40 10 50S  
TRAINING 3 2X2 35 10 80S   
TRAINING 4 2X2 40 10 70S  
TRAINING 5 5 40 10 50S  
TRAINING 6 5 45 10 45S

CORE AMRAP

TIME BURPEES HANGING KNEE RAISES  
TRAINING 1 5 MINUTEN 5 10   
TRAINING 2 5 MINUTEN 5 12  
TRAINING 3 6 MINUTEN 6 12   
TRAINING 4 6 MINUTEN 6 14  
TRAINING 5 7 MINUTEN 7 12  
TRAINING 6 7 MINUTEN 7 14