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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 SQUATS2 BOX JUMPS3 SKIERG |  |  |  |  |  |
| 2 | 1 BARBELL RDL DEADLIFT2 DUMBELL LUNGES WALKING3 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 | BURPEESHANGING 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