|  |
| --- |
| **1.** |
| **WARMING-UP** |
|  DYNAMISCHE WARMING-UP  |

**WWW.PT-HAARLEM.NL PROGRAM 3 AFVALLEN**

|  |
| --- |
| **2.**  |
| **TRI-SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL GOBLET SQUATS2 BAND STEP-IN FORWARD3 PLANK |  |  |  |  |  |
| 2 | 1 BAND GLUTE SIDE WALK 3 STEPS2 RENEGADE ROW3 JUMPING JACKS |  |  |  |  |  |
| 3 | 1 DUMBELL LUNGES FORWARD ALTERNATING  2 PUSH-UP WALKOUT 3 BAND REVERSE FLY |  |  |  |  |  |

|  |
| --- |
| **3.** |
| **CORE AMRAP** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | FLOOR TOUCH AND REACH HBH 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 HBH BIKE FLOOR TOUCH AND REACH
TRAINING 1 5 MINUTEN 2X6 8
TRAINING 2 5 MINUTEN 2X7 8
TRAINING 3 6 MINUTEN 2X7 9
TRAINING 4 6 MINUTEN 2X8 9
TRAINING 5 7 MINUTEN 2X8 10
TRAINING 6 7 MINUTEN 2X9 10