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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING EMOM RUNNING |

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

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| **2.** | | | | | | |
| **TRI-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 AUSTRAILIAN PULL-UPS  2 PUSH-UP WALK-OUT  3 RUNNING |  |  |  | 2-2-2-1 |  |
| 2 | 1 KETTEBELL L-SIT SHOULDER PRESS  2 MEDICINE WALLBALL  3 ROPE JUMPS |  |  |  | 2-2-2-1 |  |
| 3 | 1 DIPPING BEHIND THE BACK  2 BARBELL BICEP CURL  3 BOX JUMPS |  |  |  | 3-1-2-1 2-1-3-1 |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | FLOOR TOUCH AND REACH  HBH BIKE |  |  |  | 2-2-2-2 |  |

RUNNING SETS EMOM CALORIEEN  
TRAINING 1 4X 70S 7  
TRAINING 3 4X 60S 7  
TRAINING 5 5X 70S 7  
TRAINING 7 5X 60S 7  
TRAINING 9 6X` 70S 7  
TRAINING 11 6X 60S 7  
  
TRISETS ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 4 35 10 60S  
TRAINING 3 4 40 10 50S  
TRAINING 5 2X2 35 10 80S   
TRAINING 7 2X2 40 10 70S  
TRAINING 9 5 40 10 50S  
TRAINING 11 5 45 10 45S

CORE AMRAP

TIME HBH BIKE FLOOR TOUCH AND REACH  
TRAINING 1 5 MINUTEN 2X6 8   
TRAINING 3 5 MINUTEN 2X7 8  
TRAINING 5 6 MINUTEN 2X7 9   
TRAINING 7 6 MINUTEN 2X8 9  
TRAINING 9 7 MINUTEN 2X8 10  
TRAINING 11 7 MINUTEN 2X9 10

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

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| **2.** | | | | | | |
| **TRI-SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL RDL DEADLIFT 2 BAND HIP THRUSTER 3 BURPEES |  |  |  | 3-1-2-1 2-2-2-1 |  |
| 2 | 1 DUMBELL GOBLET FRONT SQUATS 2 DUMBELL WALKING LUNGES 3 BATTLE ROPE |  |  |  | 3-1-2-1 |  |
| 3 | 1 STEP ICE SKATE JUMPS 2 HIGH BOX STEP-UPS  3 ASSAULT BIKE |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE AMRAP** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BAND THRUSTER  HBH WINDOW WIPPER |  |  |  | 2-2-2-2 |  |

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING EMOM SKIERG |

SKIERG SETS EMOM CALORIEEN  
TRAINING 2 4X 70S 7  
TRAINING 4 4X 60S 7  
TRAINING 6 5X 70S 7  
TRAINING 8 5X 60S 7  
TRAINING 10 6X` 70S 7  
TRAINING 12 6X 60S **7  
  
TRISETS** ON TIME   
 SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 2 4 35 10 60S  
TRAINING 4 4 40 10 50S  
TRAINING 6 2X2 35 10 80S   
TRAINING 8 2X2 40 10 70S  
TRAINING 10 5 40 10 50S  
TRAINING 12 5 45 10 45S

CORE AMRAP

TIME HBH WW BAND THRUSTER  
TRAINING 2 5 MINUTEN 8 10   
TRAINING 4 5 MINUTEN 8 12  
TRAINING 6 6 MINUTEN 9 12   
TRAINING 8 6 MINUTEN 9 14  
TRAINING 10 7 MINUTEN 10 12  
TRAINING 12 7 MINUTEN 10 16