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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  CONDITIONING TABATAC ASSAULT BIKE |

**WWW.PT-HAARLEM.NL PROGRAM 3.1 UPPERBODY**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **SINGLE SIDE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL CHEST PRESS | 2X6 |  |  | 2-1-2-1 |  |
| 2 | BAND LATPULL | 2X6 | 3 |  | 2-2-2-1 |  |
| 3 | KETTEBELL KNEELING ARNOLD PRESS | 2X6 | 3 |  | 2-2-3-1 |  |
| 4 | CABLE ROW | 2X6 | 3 |  | 2-2-2-1 |  |
| 5 | DUMBELL SHOULDER SIDE RAISES (HANGING) | 2X10 | 3 |  | 2-2-2-1 |  |
| 6 | BAND TRICEP OVERHEAD EXTENSION | 2X12 | 3 |  | 3-1-2-1 |  |
| 7 | DUMBELL CONCENTRATION CURL | 2X12 | 3 |  | 2-2-3-1 |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK CRUNCHES |  |  |  | 2-2-2-1 |  |
| 2 | SUPERMAN LEG RAISES |  |  |  | 2-2-2-1 2-2-2-1 |  |

ASSAULT BIKE TABATA WORK TIME REST TIME   
TRAINING 1 7 ROUNDS 20 10   
TRAINING 3 7 ROUNDS 24 10   
TRAINING 5 8 ROUNDS 20 10   
TRAINING 7 8 ROUNDS 24 10   
TRAINING 9 9 ROUNDS 20 10   
TRAINING 11 9 ROUNDS 24 10

SINGLE SIDE ON REPS REPS SETS REST TIME  
TRAINING 1 +0 +0 30S  
TRAINING 3 +1 +0 30S  
TRAINING 5 +2 +0 30S  
TRAINING 7 +1 +1 30S  
TRAINING 9 +3 +1 35S   
TRAINING 11 +0 +2 30S

CORE TABATA WORK TIME REST TIME   
TRAINING 1 3 ROUNDS 22 10   
TRAINING 3 4 ROUNDS 20 10   
TRAINING 5 4 ROUNDS 24 10   
TRAINING 7 5 ROUNDS 20 10   
TRAINING 9 5 ROUNDS 24 10   
TRAINING 11 6 ROUNDS 20 10

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  CONDITIONING TABATA SKIERG |

**WWW.PT-HAARLEM.NL PROGRAM 3.2 LOWERBODY**

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| **2.** | | | | | | |
| **SINGLE SIDE SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | SINGLE LEG DEADLIFT | 2X6 | 3 |  | 2-1-2-1 |  |
| 2 | BULGARIAN SPLIT SQUATS | 2X6 | 3 |  | 2-2-2-1 |  |
| 3 | DUMBELL LUNGES FORWARD | 2X6 | 3 |  | 2-2-3-1 |  |
| 4 | BARBELL BOX STEP-UPS | 2X6 | 3 |  | 2-2-2-1 |  |
| 5 | GLUTE SIDE RAISES | 2X10 | 3 |  | 2-2-2-1 |  |
| 6 | GLUTE LEG RAISES | 2X12 | 3 |  | 3-1-2-1 |  |
| 7 | DUMBELL CALF RAISES | 2X12 | 3 |  | 2-2-3-1 |  |

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| **3.** | | | | | | |
| **CORE TABATA** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK CRUNCHES |  |  |  |  |  |
| 2 | SUPERMAN LEG RAISES |  |  |  |  |  |

SKIERG TABATA WORK TIME REST TIME   
TRAINING 1 7 ROUNDS 20 10   
TRAINING 3 7 ROUNDS 24 10   
TRAINING 5 8 ROUNDS 20 10   
TRAINING 7 8 ROUNDS 24 10   
TRAINING 9 9 ROUNDS 20 10   
TRAINING 11 9 ROUNDS 24 10  
  
SINGLE SIDE ON REPS REPS SETS REST TIME  
TRAINING 2 +0 +0 30S  
TRAINING 4 +1 +0 30S  
TRAINING 6 +2 +0 30S  
TRAINING 8 +1 +1 30S  
TRAINING 10 +3 +1 35S   
TRAINING 12 +0 +2 30S

CORE TABATA WORK TIME REST TIME   
TRAINING 2 3 ROUNDS 22 10   
TRAINING 4 4 ROUNDS 20 10   
TRAINING 6 4 ROUNDS 24 10   
TRAINING 8 5 ROUNDS 20 10   
TRAINING 10 5 ROUNDS 24 10   
TRAINING 12 6 ROUNDS 20 10