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| **1.** |
| **WARMING-UP** |
| RUSSIAN JOINT WARMING-UP + WORLDS GREATEST STRETCH CONDITIONING RUNNING |

**WWW.PT-HAARLEM.NL PROGRAM 4 FATLOSS GYM**

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| **2.**  |
| **EMOM PIRAMIDE 60 SECONDEN** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL BACK SQUATS2 PUSH-UP WALKOUT 3 AUSTRAILIAN PULL UPS4 SKIERG CALORIEEN 5 BOX JUMPS  |  |  |  |  |  |

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| **3.** |
| **CORE TRI-SET ON TIME** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK2 PLATE SUPERMAN PRESS3 HBH BIKE (3 POSITIONS) |  |  |  |  |  |

CONDITIONING
TRAINING 1 MAX DISTENTS 5 MINUTES
TRAINING 2 MAX DISTENTS 6 MINUTES
TRAINING 3 MAX DISTENTS 7 MINUTES
TRAINING 4 MAX DISTENTS 8 MINUTES
TRAINING 5 MAX DISTENTS 9 MINUTES
TRAINING 6 MAX DISTENTS 10 MINUTES

**BACK SQUATS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 4 4 4 4 4
TRAINING 2 4 4 4 4 4 4
TRAINING 3 5 5 5 5 5
TRAINING 4 5 5 5 5 5 5
TRAINING 5 6 6 6 6 6
TRAINING 6 6 6 6 6 6 6

**PUSH-UP WALK-OUT 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 5 5 5 5 5
TRAINING 2 5 5 5 5 5 5
TRAINING 3 6 6 5 5 5 5
TRAINING 4 6 6 6 5 5 5
TRAINING 5 6 6 6 6 6 6
TRAINING 6 7 7 7 7 7 7

**AUSTRAILIAN PULL-UPS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 8 8 8 8 8
TRAINING 2 8 8 8 8 8 8
TRAINING 3 9 9 9 9 9
TRAINING 4 9 9 9 9 9 9
TRAINING 5 10 10 10 10 10
TRAINING 6 10 10 10 10 10

**SKIERG CALORIEEN 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 6 6 6 6 6
TRAINING 2 6 6 6 6 6 6
TRAINING 3 7 7 7 7 7
TRAINING 4 7 7 7 7 7 7
TRAINING 5 8 8 8 8 8
TRAINING 6 8 8 8 8 8 8

**BOX JUMPS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6
TRAINING 1 7 7 7 7 7
TRAINING 2 7 7 7 7 7 7
TRAINING 3 8 8 8 8 8
TRAINING 4 8 8 8 8 8 8
TRAINING 5 9 9 9 9 9
TRAINING 6 9 9 9 9 9 9

 SETS WORK TIME BETWEEN TIME REST TIME
TRAINING 1 3 35 10 60S
TRAINING 2 3 40 10 50S
TRAINING 3 4 35 10 60S
TRAINING 4 4 40 10 50S
TRAINING 5 5 40 10 50S
TRAINING 6 5 45 10 45S