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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 SQUATS 2 PUSH-UP WALKOUT  3 AUSTRAILIAN PULL UPS 4 SKIERG CALORIEEN  5 BOX JUMPS |  |  |  |  |  |

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| **3.** | | | | | | |
| **CORE TRI-SET ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 PLANK 2 PLATE SUPERMAN PRESS 3 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