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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING MAX DISTENTS |

**WWW.PT-HAARLEM.NL PROGRAM 4.1 UPPERBODY**

|  |  |  |  |  |  |  |
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| **2.** | | | | | | |
| **EMOM PIRAMIDE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DUMBELL BENCH PRESS 2 PUSH-UP WALKOUT 3 AUSTRAILIAN PULL-UP 4 SKIERG 5 DUMBELL CURL EN PRESS |  |  |  | 3-1-2-1  2-2-2-1 |  |

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

CONDITIONING RUNNING   
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  **DUMBELL BENCH PRESS 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 3 8 8 8 8 8 8  
TRAINING 5 9 9 9 9 9   
TRAINING 7 9 9 9 9 9 9   
TRAINING 9 10 10 10 10 10   
TRAINING 11 10 10 10 10 10 10

**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 3 5 5 5 5 5 5  
TRAINING 5 6 6 5 5 5 5   
TRAINING 7 6 6 6 5 5 5   
TRAINING 9 6 6 6 6 6 6  
TRAINING 11 7 7 7 7 7 7   
 **AUSTRAILIAN PULL UP 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 8 8 8 8 8   
TRAINING 3 8 8 8 8 8 8  
TRAINING 5 9 9 9 9 9   
TRAINING 7 9 9 9 9 9 9   
TRAINING 9 10 10 10 10 10   
TRAINING 11 10 10 10 10 10 10

**WALLBALL 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 10 10 10 10 10   
TRAINING 3 10 10 10 10 10 10  
TRAINING 5 11 11 11 11 11   
TRAINING 7 11 11 11 11 11 11   
TRAINING 9 12 12 12 12 12   
TRAINING 11 12 12 12 12 12 12

**DUMBELL RENEGADE ROW 90 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 1 2X6 2X6 2X6 2X6 2X6   
TRAINING 3 2X6 2X6 2X6 2X6 2X6 2X6   
TRAINING 5 2X7 2X7 2X7 2X7 2X7   
TRAINING 7 2X7 2X7 2X7 2X7 2X7 2X7   
TRAINING 9 2X8 2X8 2X8 2X7 2X7   
TRAINING 11 2X8 2X8 2X8 2X7 2X7 2X7

CORE TRI-SETS SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 3 35 10 60S  
TRAINING 3 3 40 10 50S  
TRAINING 5 4 35 10 60S   
TRAINING 7 4 40 10 50S  
TRAINING 9 5 40 10 50S  
TRAINING 11 5 45 10 45S

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| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING MAX DISTENST SKIERG |

**WWW.PT-HAARLEM.NL PROGRAM 4.2 LOWERBODY**

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| **2.** | | | | | | |
| **EMOM PIRAMIDE** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BARBELL BACK SQUATS 2 STEP ICE-SKATE JUMPS  3 BARBELL RDL DEADLIFT 4 BOX JUMPS 5 ASSAULT BIKE |  |  |  | 3-1-2-1  3-1-2-1 |  |

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| **3.** | | | | | | |
| **CORE TRI-SET ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 DEADBUG 2 PLANK  3 LEG RAISES |  |  |  | 2-1-2-1  2-2-2-2 |  |

CONDITIONING SKIERG   
TRAINING 2 MAX DISTENTS 5 MINUTES   
TRAINING 4 MAX DISTENTS 6 MINUTES   
TRAINING 6 MAX DISTENTS 7 MINUTES   
TRAINING 8 MAX DISTENTS 8 MINUTES   
TRAINING 10 MAX DISTENTS 9 MINUTES   
TRAINING 12 MAX DISTENTS 10 MINUTES   
  
**BODY WHEIGTH JUMP SQUATS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 10 10 10 10 10   
TRAINING 4 10 10 10 10 10 10  
TRAINING 6 11 11 11 11 11 11   
TRAINING 8 12 12 12 11 11 11   
TRAINING 10 12 12 12 12 11 11  
TRAINING 12 12 12 12 12 12 12

**BAND DEADLIFT 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 8 8 8 8 8   
TRAINING 4 8 8 8 8 8 8  
TRAINING 6 9 9 9 9 9 9   
TRAINING 8 10 10 9 9 9 9   
TRAINING 10 10 10 10 10 10 10  
TRAINING 12 12 12 12 12 12 12

**BURPEES 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 5 5 5 5 5   
TRAINING 4 6 6 6 6 6 6  
TRAINING 6 7 7 6 5 5 5   
TRAINING 8 7 7 7 6 6 6  
TRAINING 10 8 8 8 7 7 7  
TRAINING 12 8 8 8 8 8 8

**DUMBELL GOBLET SQUATS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 10 10 10 10 10   
TRAINING 4 10 10 10 10 10 10  
TRAINING 6 11 11 11 11 11 11   
TRAINING 8 12 12 11 11 11 11   
TRAINING 10 12 12 12 12 12 12  
TRAINING 12 14 14 14 12 12 12

**DUMBELL CURL AND PRESS 60 SECONDEN**  MIN 1 MIN 2 MIN3 MIN 4 MIN 5 MIN 6   
TRAINING 2 8 8 8 8 8   
TRAINING 4 8 8 8 8 8 8  
TRAINING 6 9 9 9 9 9 9   
TRAINING 8 9 9 9 9 9 9   
TRAINING 10 10 10 10 10 10 10

TRAINING 12 11 11 11 10 10 10

CORE TRI-SETS SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 2 3 35 10 60S  
TRAINING 4 3 40 10 50S  
TRAINING 6 4 35 10 60S   
TRAINING 8 4 40 10 50S  
TRAINING 10 5 40 10 50S  
TRAINING 12 5 45 10 45S