|  |
| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP  CONDITIONING ROPE JUMPS |

**WWW.PT-HAARLEM.NL PROGRAM 5 FATLOSS GYM**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CIRCUIT 1** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 RUNNING  2 DUMBELL FRONT SQUATS 3 PUSH-UP WALKOUT 4 AUSTRAILIAN PULL UPS  5 WALLBALL  6 PLANK |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **CIRCUIT 2** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 BOX JUMPS  2 ASSAULTBIKE 3 PUSH-UPS 4 SKIERG  5 KETTEBELL THRUSTER 6 SUPERMAN PRESS |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **4.** | | | | | | |
| **CORE 21E** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | SIT-UPS  LEG RAISES |  |  |  |  |  |

CONDITIONING ROPE JUMPS   
TRAINING 1 2 X 60   
TRAINING 2 2 X 80   
TRAINING 3 2 X 100   
TRAINING 4 3 X 60   
TRAINING 5 3 X 80   
TRAINING 6 3 X 100   
40S REST BETWEEN SETS  
  
CIRCUIT TRAINING 1+2

SETS WORK TIME BETWEEN TIME REST TIME  
TRAINING 1 3 35 10 50S  
TRAINING 2 3 40 10 45S  
TRAINING 3 4 35 10 60S   
TRAINING 4 4 40 10 50S  
TRAINING 5 2X2 40 10 70S  
TRAINING 6 2X2 45 10 65S

CORE 21E  
 SETS REPS  
TRAINING 1 3 6/6/6   
TRAINING 2 3 7/7/7  
TRAINING 3 3 8/8/8  
TRAINING 4 4 5/5/5  
TRAINING 5 4 6/6/6  
TRAINING 6 4 7/7/7