|  |
| --- |
| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 5.1 UPPERBODY**

|  |
| --- |
| **2.**  |
| **CIRCUIT 1**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 RUNNING2 WALLBALL 3 AUSTRAILIAN PULL UPS4 ROPE JUMPS 5 PUSH-UPS6 BAND OVERHEAD PRESS |  |  |  | 2-2-2-13-1-2-12-2-2-1 |  |

|  |
| --- |
| **4.** |
| **CORE 21E** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | SIT-UPSLEG RAISES |  |  |  | 2-1-3-12-2-2-2 |  |

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| --- |
| **3.**  |
| **CIRCUIT 2**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 SKIERG2 DUMBELL BENCH PRESS3 BURPEES4 CABLE ROW 5 BARBELL BICEP CURL6 ASSAULT BIKE |  |  |  | 3-1-2-12-2-2-12-1-3-1 |  |

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

|  |
| --- |
| **2.**  |
| **CIRCUIT 1**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 RUNNING2 DUMBELL FRONT SQUATS 3 ROPE JUMPS 4 BARBELL RDL DEADLIFT 5 BOX JUMPS6 ASSAULT BIKE |  |  |  |  |  |

 **WWW.PT-HAARLEM.NL PROGRAM 5.2 LOWERBODY**

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| --- |
| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  |

|  |
| --- |
| **3.**  |
| **CIRCUIT 2**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 DUMBELL THRUSTER2 STEP ICE SKATE JUMPS3 BAND HIP THRUSTER4 MEDICINE BALL FLOOR TOUCH AND REACH5 DUMBELL LUNGES BACKWARDS6 SKIERG |  |  |  |  |  |

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| **4.** |
| **STATIC HOLD SINGLE SETS** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | HBH  |  |  |  |  |  |
|  | PLANK  |  |  |  |  |  |

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

STATIC HOLD SINGLE SETS
HBH SETS HOLD REST
TRAINING 1 3 14S 35S
TRAINING 2 3 16S 35S
TRAINING 3 4 18S 35S
TRAINING 4 4 16S 35S
TRAINING 5 5 18S 35S
TRAINING 6 5 20S 35S

STATIC HOLD SINGLE SETS
PLANK SETS HOLD REST
TRAINING 1 3 40S 35S
TRAINING 2 3 45S 35S
TRAINING 3 4 50S 40S
TRAINING 4 4 55S 40S
TRAINING 5 5 60S 45S
TRAINING 6 5 65S 45S