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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CIRCUIT 1** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 RUNNING 2 WALLBALL  3 AUSTRAILIAN PULL UPS 4 ROPE JUMPS  5 PUSH-UPS 6 BAND OVERHEAD PRESS |  |  |  | 2-2-2-1  3-1-2-1 2-2-2-1 |  |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **CIRCUIT 2** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
|  | 1 SKIERG 2 DUMBELL BENCH PRESS 3 BURPEES 4 CABLE ROW  5 BARBELL BICEP CURL 6 ASSAULT BIKE |  |  |  | 3-1-2-1  2-2-2-1 2-1-3-1 |  |

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 RUNNING 2 DUMBELL FRONT SQUATS  3 ROPE JUMPS  4 BARBELL RDL DEADLIFT  5 BOX JUMPS 6 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 THRUSTER 2 STEP ICE SKATE JUMPS 3 BAND HIP THRUSTER 4 MEDICINE BALL FLOOR TOUCH AND REACH 5 DUMBELL LUNGES BACKWARDS 6 SKIERG |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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