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

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

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| **2.** | | | | | | |
| **GET IT DONE A.S.A.P. !** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PUSH-UPS |  |  |  | 2-2-2-1 |  |
| 2 | AUSTRAILIAN PULL UPS |  |  |  | 2-2-2-1 |  |
| 3 | KETTEBELL KNEELING ARNOLD PRESS |  |  |  | 2-1-3-1 |  |
| 4 | PULL-UPS |  |  |  | 2-2-2-1 |  |
| 5 | BARBELL BICEP CURL |  |  |  | 2-2-21 |  |
| 6 | CABLE TRICEP EXTENSION |  |  |  | 3-1-2-1 |  |

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| **3.** | | | | | | |
| **CORE SUPERSETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK AROUND THE WORLD LEG RAISES |  |  |  | 4-4-4-4 2-1-3-1 |  |
| 2 | HBH BIKE PLATE SUPERMAN PRESS |  |  |  | 2-2-2-1  2-1-2-1 |  |

ROPEJUMPS  
TRAINING 1 100X   
TRAINING 3 140X   
TRAINING 5 180X   
TRAINING 7 220X   
TRAINING 9 260X

GET IT DONE! REPS REST GET IT DONE IN  
TRAINING 1 60 90S (MAX 9 MINUTES)  
TRAINING 3 65 90S (MAX 9 MINUTES)  
TRAINING 5 70 90S (MAX 8 MINUTES)  
TRAINING 7 75 90S (MAX 8 MINUTES)  
TRAINING 9 80 90S (MAX 8 MINUTES)  
(MUSCLE FAILER MEANS: REST UNTIL YOU CAN DO THE EXERCISE ON A CORRECT WAY)

CORE SUPER SETS ON TIME  
TRAINING 1 3 25 50S  
TRAINING 3 3 30 50S  
TRAINING 5 4 30 45S  
TRAINING 7 4 35 45S  
TRAINING 9 4 40 50S

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

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

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| **2.** | | | | | | |
| **GET IT DONE A.S.A.P. !** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BARBELL BACK SQUATS |  |  |  | 3-1-2-1 |  |
| 2 | BARBELL DEADLIFT |  |  |  | 2-3-2-1 |  |
| 3 | LUNGES BACKWARDS ALTERNATING (60: 2X30) |  |  |  | 2-2-2-1 |  |
| 4 | BAND HIP THRUSTER |  |  |  | 2-1-3-1 |  |
| 5 | GLUTE SIDE RAISES (60: 2X60) |  |  |  | 2-1-2-1 |  |
| 6 | CALF RAISES |  |  |  | 2-1-3-1 |  |

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| **3.** | | | | | | |
| **CORE SUPERSETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DEADBUG LEG KICKS |  |  |  | 2-2-2-1 2-2-2-1 |  |
| 2 | V-UPS SUPERMAN |  |  |  | 2-2-2-1 2-2-2-1 |  |

ROPEJUMPS  
TRAINING 2 120X  
TRAINING 4 160X  
TRAINING 6 200X  
TRAINING 8 240X  
TRAINING 10 280X  
  
GET IT DONE! REPS REST GET IT DONE IN  
TRAINING 2 60 90S (MAX 9 MINUTES)  
TRAINING 4 65 90S (MAX 9 MINUTES)  
TRAINING 6 70 90S (MAX 8 MINUTES)  
TRAINING 8 75 90S (MAX 8 MINUTES)  
TRAINING 10 80 90S (MAX 8 MINUTES)

(MUSCLE FAILER MEANS: REST UNTIL YOU CAN DO THE EXERCISE ON THE CORRECT WAY)  
CORE SUPER SETS ON TIME  
TRAINING 2 3 25 50S  
TRAINING 4 3 30 50S  
TRAINING 6 4 30 45S  
TRAINING 8 4 35 45S  
TRAINING 10 4 40 50S