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| **1.** |
| **WARMING-UP** |
| BEKIJK PT-HAARLEM.NL DYNAMISCHE WARMING-UP |

**PROGRAM 1 SUB-ATHLETE**

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| **3.** |
| **STRETCHING PROGRAM 1** |
| BEKIJK PT-HAARLEM.NL STRETCHING PROGRAM 1 |

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| **2.**  |
| **POSE TRAINING CIRCUIT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1. PLANK POSE2. KNEELING INSPECTION POSE3. BOWE POSE | 25S25S25S | 3 | N.V.T. N.V.T. N.V.T. | N.V.T. N.V.T. N.V.T. | 40S |
| 2 | 1. BRIDGE POSE2. **UTTANASANA POSE**3. INSPECTION POSE | 25S25S25S | 3 | N.V.T. N.V.T. N.V.T. | N.V.T. N.V.T. N.V.T. | 40S |
| 3 | 1. MALASANA POSE2. HUMBLE POSE3. HBH POSE | 25S25S25S | 3 | N.V.T. N.V.T. N.V.T. | N.V.T. N.V.T. N.V.T. | 40S |

POSE CIRCUIT TRAINING
 SETS WORK TIME REST TIME
TRAINING 1 3 25 40S
TRAINING 2 3 30 40S
TRAINING 3 4 35 30S
TRAINING 4 4 30 30S
TRAINING 5 5 30 20S
TRAINING 6 5 40 20S