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

**PROGRAM 1 SUB-ATHLETE**

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

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