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

**WWW.PT-HAARLEM.NL PROGRAM 3 BOOTYBUILDER**

|  |
| --- |
| **2.**  |
| **SINGLE SIDE SINGLE SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | DUMBELL SINGLE LEG DEADLIFT | 2X6 | 3 |  | 2-1-2-1 |  |
| 2 | BULGARIAN SPLIT SQUATS | 2X6 | 3 |  | 2-2-2-1 |  |
| 3 | HIP BRIDGE + LEG KICK | 2X6 | 3 |  | 2-2-3-1 |  |
| 4 | DUMBELL GOBLET SIDE LUNGES | 2X6 | 3 |  | 2-2-2-1 |  |
| 5 | GLUTE KICKBAKS | 2X10 | 3 |  | 2-1-3-1 |  |
| 6 | GLUTE SIDE RAISES | 2X12 | 3 |  | 3-1-2-1 |  |
| 7 | DUMBELL CALF RAISES | 2X12 | 3 |  | 2-2-3-1 |  |

|  |
| --- |
| **3.** |
| **CORE TABATA** |
|   |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANKCRUNCHES |  |  |  |  |  |
| 2 | PLATE SUPERMAN PRESSLEG RAISES |  |  |  |  |  |

SINGLE SIDE ON REPS REPS SETS REST TIME
TRAINING 1 +0 +0 30S
TRAINING 2 +1 +0 30S
TRAINING 3 +2 +0 30S
TRAINING 4 +1 +1 30S
TRAINING 5 +3 +1 35S
TRAINING 6 +0 +2 30S

CORE TABATA WORK TIME REST TIME
TRAINING 1 3 ROUNDS 22 10
TRAINING 3 4 ROUNDS 20 10
TRAINING 5 4 ROUNDS 24 10
TRAINING 7 5 ROUNDS 20 10
TRAINING 9 5 ROUNDS 24 10
TRAINING 11 6 ROUNDS 20 10