|  |
| --- |
| **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 | PLANK CRUNCHES |  |  |  |  |  |
| 2 | PLATE SUPERMAN PRESS LEG 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