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| --- |
| **1.** |
| **WARMING-UP** |
| DYNAMISCHE WARMING-UP |

**WWW.PT-HAARLEM.NL 55+ PROGRAM 1 FULLBODY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **3.** | | | | | | |
| **CORE SINGLE SETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | BAND STEP-IN  SUPERMAN |  |  |  | 2-2-2-1 |  |
| 2 | FLOOR TOUCH AND REACH  DEADBUG |  |  |  | 2-2-2-1 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SINGLE SETS** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BODY WEIGHT SQUATS  2 BAND OVERHEAD PRESS |  |  |  | 3-1-2-1  2-2-2-1 |  |
| 2 | 1 HIP BRIDGE  2 BAND L-SIT ROW |  |  |  | 2-2-2-1  2-2-2-1 |  |
| 3 | 1 COBRA 2 BAND REVERSE FLY |  |  |  | 2-2-2-1  2-2-2-1 |  |

TABATA SETS WORK TIME REST TIME  
TRAINING 1 4 20 10S  
TRAINING 2 4 22 10S  
TRAINING 3 4 24 10S  
TRAINING 4 5 20 10S  
TRAINING 5 5 22 10S   
TRAINING 6 5 24 10S

SINGLE SETS REPS TIME SETS REST TIME  
TRAINING 1 25 3 50S  
TRAINING 2 30 3 50S  
TRAINING 3 35 3 50S  
TRAINING 4 30 4 50S  
TRAINING 5 35 4 55S   
TRAINING 6 40 4 50S