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

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

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

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| **2.**  |
| **SINGLE SETS**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 BODY WEIGHT SQUATS 2 BAND OVERHEAD PRESS |  |  |  | 3-1-2-12-2-2-1 |  |
| 2 | 1 HIP BRIDGE 2 BAND L-SIT ROW |  |  |  | 2-2-2-12-2-2-1 |  |
| 3 | 1 COBRA2 BAND REVERSE FLY  |  |  |  | 2-2-2-12-2-2-1 |  |

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