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

**WWW.PT-HAARLEM.NL PROGRAM 1 CORE AND H.I.T**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **STATIC HOLD** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | PLANK |  |  |  |  |  |
| 2 | HBH |  |  |  |  |  |
| 3 | SUPERMAN ON THE FLOOR |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **SUPERSETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 JUMPING JACKS 2 V-UPS |  |  |  |  |  |
| 2 | 1 FLOOR TOUCH AND JUMPS 2 NINJA |  |  |  |  |  |
| 3 | 1 ICE SKATE JUMPS 2 BEAR KICK BACK |  |  |  |  |  |
| 4 | 1 HIGH KNEES 2 L-SIT LEG RAISES ON THE FLOOR |  |  |  |  |  |

PLANK STATIC HOLD ON TIME  
TRAINING 1 4 40 40S  
TRAINING 2 4 45 40S  
TRAINING 3 4 50 40S  
TRAINING 4 5 40 40S  
TRAINING 5 5 50 40S   
TRAINING 6 4 60 40S  
  
  
HBH STATIC HOLD ON TIME  
TRAINING 1 4 15 40S  
TRAINING 2 4 20 40S  
TRAINING 3 4 25 40S  
TRAINING 4 5 20 40S  
TRAINING 5 5 25 40S   
TRAINING 6 5 30 40S  
  
  
  
SUPERMAN ON FLOOR STATIC HOLD ON TIME  
TRAINING 1 4 15 35S  
TRAINING 2 4 20 35S  
TRAINING 3 4 25 35S  
TRAINING 4 5 20 40S  
TRAINING 5 5 25 40S   
TRAINING 6 5 30 40S  
  
SUPERSETS TIME SETS REST TIME  
TRAINING 1 35 3 40S  
TRAINING 2 25 4 35S  
TRAINING 3 30 4 30S  
TRAINING 4 25 5 25S  
TRAINING 5 30 5 25S   
TRAINING 6 35 5 25S