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

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

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

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| **2.**  |
| **SUPERSETS ON TIME** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 JUMPING JACKS2 V-UPS |  |  |  |  |  |
| 2 | 1 FLOOR TOUCH AND JUMPS2 NINJA |  |  |  |  |  |
| 3 | 1 ICE SKATE JUMPS2 BEAR KICK BACK |  |  |  |  |  |
| 4 | 1 HIGH KNEES2 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