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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.1 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X7 20S | 3 4 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 20S | 4 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 15S | 1X2 4 |  |  | 40S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x8  20S | 4 4 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 12X | 3 |  | 2-2-2-1 | 44S |
| 6 V-UPS | LEG KICKS CRUNCHES | 14 12 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |

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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.2 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X8 25S | 3 4 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 25S | 4 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 20S | 1X2 4 |  |  | 40S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x10 25S | 4 4 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 14X | 3 |  | 2-2-2-1 | 44S |
| 6 V-UPS | LEG KICKS CRUNCHES | 15 14 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |

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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.3 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X9 30S | 3 4 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 30S | 4 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 25S | 1X2 4 |  |  | 40S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x12 30S | 4 4 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 15X | 3 |  | 2-2-2-1 | 44S |
| 6 V-UPS | LEG KICKS CRUNCHES | 16 16 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |

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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.4 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X7 20S | 4 5 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 20S | 5 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 25S | 1X2 5 |  |  | 35S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x8  20S | 5 5 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 12X | 4 |  | 2-2-2-1 | 35S |
| 6 V-UPS | LEG KICKS CRUNCHES | 14 12 | 4 4 |  | 2-2-2-2 2-2-2-1 | 40S 40S |

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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.5 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X8 30S | 4 5 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 30S | 5 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 30S | 1X2 5 |  |  | 35S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x8  25S | 5 5 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 14X | 4 |  | 2-2-2-1 | 35S |
| 6 V-UPS | LEG KICKS CRUNCHES | 15 14 | 4 4 |  | 2-2-2-2 2-2-2-1 | 40S 40S |

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| **1.** |
| **WARMING-UP** |
| DYNAMIC WARMING-UP |

**WWW.PT-HAARLEM.NL PROGRAM 1.6 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | FLOOR SUPPORT L-SIT SL RAISES L-SIT HOLD FEET SUPPORT | 2X9 35S | 4 5 |  | 1-2-1-0 | 30S 35S |
| 2 HBH | HBH HOLD KNEES AND ARMS IN | 35S | 5 |  |  | 35S |
| 3  HANDSTAND | WRIST STRETCH PIKE HOLD | 20 35S | 1X2 5 |  |  | 35S |
| 4 BEAR | SUPERMAN FROM HANDS AND KNEES BEAR HOLD | 2x9  35S | 5 5 |  | 2-2-2-0 | 20S 35S |
| 5 COBRA | CORBA | 16X | 4 |  | 2-2-2-1 | 35S |
| 6 V-UPS | LEG KICKS CRUNCHES | 16 16 | 4 4 |  | 2-2-2-2 2-2-2-1 | 40S 40S |