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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X720S | 34 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 20S | 4 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2015S | 1X24 |  |  | 40S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  | 2x8 20S | 44 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 12X | 3 |  | 2-2-2-1 | 44S |
| 6V-UPS | LEG KICKSCRUNCHES | 1412 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |

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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X825S | 34 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 25S | 4 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2020S | 1X24 |  |  | 40S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  |  2x1025S | 44 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 14X | 3 |  | 2-2-2-1 | 44S |
| 6V-UPS | LEG KICKSCRUNCHES | 1514 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |

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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X930S | 34 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 30S | 4 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2025S | 1X24 |  |  | 40S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  |  2x1230S | 44 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 15X | 3 |  | 2-2-2-1 | 44S |
| 6V-UPS | LEG KICKSCRUNCHES | 1616 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |

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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X720S | 45 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 20S | 5 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2025S | 1X25 |  |  | 35S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  | 2x8 20S | 55 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 12X | 4 |  | 2-2-2-1 | 35S |
| 6V-UPS | LEG KICKSCRUNCHES | 1412 | 44 |  | 2-2-2-22-2-2-1 | 40S40S |

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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X830S | 45 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 30S | 5 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2030S | 1X25 |  |  | 35S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  | 2x8 25S | 55 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 14X | 4 |  | 2-2-2-1 | 35S |
| 6V-UPS | LEG KICKSCRUNCHES | 1514 | 44 |  | 2-2-2-22-2-2-1 | 40S40S |

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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** |
| 1L-SIT | FLOOR SUPPORT L-SIT SL RAISESL-SIT HOLD FEET SUPPORT | 2X935S | 45 |  | 1-2-1-0 | 30S35S |
| 2HBH | HBH HOLD KNEES AND ARMS IN | 35S | 5 |  |  | 35S |
| 3HANDSTAND | WRIST STRETCHPIKE HOLD | 2035S | 1X25 |  |  | 35S |
| 4BEAR  | SUPERMAN FROM HANDS AND KNEESBEAR HOLD  | 2x9 35S | 55 |  | 2-2-2-0 | 20S35S |
| 5COBRA | CORBA  | 16X | 4 |  | 2-2-2-1 | 35S |
| 6V-UPS | LEG KICKSCRUNCHES | 1616 | 44 |  | 2-2-2-22-2-2-1 | 40S40S |