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

**WWW.PT-HAARLEM.NL PROGRAM 2 CORE AND H.I.T**

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| **2.**  |
| **STATIC HOLD TABATA**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | HBHSUPERMAN FLOOR |  |  |  |  |  |

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| **2.**  |
| **TRISETS ON TIME** |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 CRUNCHES2 BURPEES3 LEG RAISES |  |  |  |  |  |
| 2 | 1 SUPERMAN PRESS2 JUMPING JACKS3 L-SIT ROLLER BACK AND FORWARD |  |  |  |  |  |
| 3 | 1 RUSSIAN TWIST2 BAND STEP OVER THE LINE3 NINJA |  |  |  |  |  |
| 4 | 1 V-UPS2 HIGH KNEES3 BEAR KICK BACK |  |  |  |  |  |

TABTA STATIC HOLD ON TIME

TRAINING 1 18/10 3
TRAINING 2 20/10 3
TRAINING 3 24/10 3
TRAINING 4 18/10 4
TRAINING 5 22/10 4
TRAINING 6 20/10 5

TRISETS TIME SETS REST TIME
TRAINING 1 30S 3 40S
TRAINING 2 25S 4 35S
TRAINING 3 30S 4 30S
TRAINING 4 25S 5 25S
TRAINING 5 30S 5 25S
TRAINING 6 35S 5 25S