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

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **TRISETS ON TIME** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 | 1 CRUNCHES 2 BURPEES 3 LEG RAISES |  |  |  |  |  |
| 2 | 1 SUPERMAN PRESS 2 JUMPING JACKS 3 L-SIT ROLLER BACK AND FORWARD |  |  |  |  |  |
| 3 | 1 RUSSIAN TWIST 2 BAND STEP OVER THE LINE 3 NINJA |  |  |  |  |  |
| 4 | 1 V-UPS 2 HIGH KNEES 3 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