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

**WWW.PT-HAARLEM.NL PROGRAM 2.1 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S20S | 1X24 |  |  | 35S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X7 | 3 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X102X8 | 1X24 |  | 2-2-2-12-2-2-1 | 40S40S |
| 4V-UPS | LEG RAISES  | 14  | 44 |  | 2-2-2-1 | 35s |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X62X6 | 33 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 20s14 | 43 |  | 2-2-2-1 | 45S45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 2.2 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S25S | 1X24 |  |  | 35S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X8 | 3 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X112X9 | 1X24 |  | 2-2-2-12-2-2-1 | 40S40S |
| 4V-UPS | LEG RAISES  | 15 | 44 |  | 2-2-2-1 | 35S |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X72X7 | 33 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 25s15 | 43 |  | 2-2-2-1 | 45S45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 2.3 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S30S | 1X24 |  |  | 35S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 3 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X122X10 | 1X24 |  | 2-2-2-12-2-2-1 | 40S40S |
| 4V-UPS | LEG RAISES  | 16 | 44 |  | 2-2-2-1 | 35S |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X82X8 | 33 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 30s16 | 43 |  | 2-2-2-1 | 45S45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 2.4 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S30S | 1X25 |  |  | 35S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X8 | 4 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X112X9 | 1X25 |  | 2-2-2-12-2-2-1 | 35S35S |
| 4V-UPS | LEG RAISES  | 15 | 55 |  | 2-2-2-1 | 35S35S |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X72X7 | 44 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 35s16 | 54 |  | 2-2-2-1 | 45S45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 2.5 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S35S | 1X25 |  |  | 35S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 4 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X122X10 | 1X25 |  | 2-2-2-12-2-2-1 | 35S35S |
| 4V-UPS | LEG RAISES  | 16 | 55 |  | 2-2-2-1 | 35S35S |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X82X8 | 44 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 40s17 | 54 |  | 2-2-2-1 | 45S45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 2.6 GYMNASTIC ABS**

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1HANDSTAND | WRIST STRETCHPICK HOLD FROM BOX | 20S40S | 1X25 |  |  | 40S |
| 2COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 4 |  |  | 35S |
| 3L-SIT | FLOOR SUPPORT L-SIT LEG RAISESL-SIT HOLD FEET SUPPORT SL RAISES | 2X122X10 | 1X25 |  | 2-2-2-12-2-2-1 | 35S35S |
| 4V-UPS | LEG RAISES  | 16 | 55 |  | 2-2-2-1 | 35S35S |
| 5BEAR  | SUPERMAN FROM HANDS AND FEETBEAR HOLD KICK BACK | 2X82X8 | 44 |  | 2-2-2-12-2-2-2 | 44S |
| 6HBH | HBH HOLD KNEES IN ARMS OUTCRUNCHES | 40s17 | 54 |  | 2-2-2-1 | 45S45S |