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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 20S | 1X2 4 |  |  | 35S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X7 | 3 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X10 2X8 | 1X2 4 |  | 2-2-2-1 2-2-2-1 | 40S 40S |
| 4 V-UPS | LEG RAISES | 14 | 4 4 |  | 2-2-2-1 | 35s |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X6 2X6 | 3 3 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 20s 14 | 4 3 |  | 2-2-2-1 | 45S 45S |

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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 25S | 1X2 4 |  |  | 35S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X8 | 3 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X11 2X9 | 1X2 4 |  | 2-2-2-1 2-2-2-1 | 40S 40S |
| 4 V-UPS | LEG RAISES | 15 | 4 4 |  | 2-2-2-1 | 35S |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X7 2X7 | 3 3 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 25s 15 | 4 3 |  | 2-2-2-1 | 45S 45S |

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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 30S | 1X2 4 |  |  | 35S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 3 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X12 2X10 | 1X2 4 |  | 2-2-2-1 2-2-2-1 | 40S 40S |
| 4 V-UPS | LEG RAISES | 16 | 4 4 |  | 2-2-2-1 | 35S |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X8 2X8 | 3 3 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 30s 16 | 4 3 |  | 2-2-2-1 | 45S 45S |

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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 30S | 1X2 5 |  |  | 35S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X8 | 4 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X11 2X9 | 1X2 5 |  | 2-2-2-1 2-2-2-1 | 35S 35S |
| 4 V-UPS | LEG RAISES | 15 | 5 5 |  | 2-2-2-1 | 35S 35S |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X7 2X7 | 4 4 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 35s 16 | 5 4 |  | 2-2-2-1 | 45S 45S |

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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 35S | 1X2 5 |  |  | 35S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 4 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X12 2X10 | 1X2 5 |  | 2-2-2-1 2-2-2-1 | 35S 35S |
| 4 V-UPS | LEG RAISES | 16 | 5 5 |  | 2-2-2-1 | 35S 35S |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X8 2X8 | 4 4 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 40s 17 | 5 4 |  | 2-2-2-1 | 45S 45S |

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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** |
| 1  HANDSTAND | WRIST STRETCH PICK HOLD FROM BOX | 20S 40S | 1X2 5 |  |  | 40S |
| 2 COBRA | SUPERMAN FLOOR OPPOSITE ARM AND LEG RAISES | 2X9 | 4 |  |  | 35S |
| 3 L-SIT | FLOOR SUPPORT L-SIT LEG RAISES L-SIT HOLD FEET SUPPORT SL RAISES | 2X12 2X10 | 1X2 5 |  | 2-2-2-1 2-2-2-1 | 35S 35S |
| 4 V-UPS | LEG RAISES | 16 | 5 5 |  | 2-2-2-1 | 35S 35S |
| 5 BEAR | SUPERMAN FROM HANDS AND FEET BEAR HOLD KICK BACK | 2X8 2X8 | 4 4 |  | 2-2-2-1 2-2-2-2 | 44S |
| 6 HBH | HBH HOLD KNEES IN ARMS OUT CRUNCHES | 40s 17 | 5 4 |  | 2-2-2-1 | 45S 45S |