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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.1 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 8x 14x | 4 3 |  | 2-2-3-1 2-2-2-1 | 50S 50S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT ROLLER BACK AND FORWARD | 8S 8x | 4 3 |  |  | 45S 45S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 4x 10S | 3 3 |  |  | 35S 50S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 15S 10x | 4 3 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 12S | 4 |  |  | 45S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2X5x 2X5x | 3 3 |  | 2-2-2-1 | 45S |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.2 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 9x 15x | 4 3 |  | 2-2-3-1 2-2-2-1 | 50S 50S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT ROLLER BACK AND FORWARD | 10S 9x | 4 3 |  |  | 45S 45S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 5x 14S | 3 3 |  |  | 35S 50S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 20S 11x | 4 3 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 18S | 4 |  |  | 45S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2x 6x 2x 6x | 3 3 |  | 2-2-2-1 | 45S |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.3 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 10x 16x | 4 3 |  | 2-2-3-1 2-2-2-1 | 50S 50S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT FLOOR SUPPORT LEG RAISES | 14S 10x | 4 3 |  |  | 45S 45S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 6x 18S | 3 3 |  |  | 35S 40S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 25S 12x | 4 3 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 24S | 4 |  |  | 45S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2x 7x 2x 7x | 3 3 |  | 2-2-2-1 | 45S |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.4 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 8 14 | 5 4 |  | 2-2-3-1 2-2-2-1 | 50S 50S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT FLOOR SUPPORT LEG RAISES | 8S 12 | 5 4 |  |  | 35S 35S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 4 20S | 4 4 |  |  | 35S 40S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 15S 10 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 20S | 5 |  |  | 35S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2X5 2X5 | 3 3 |  | 2-2-2-1 | 45S |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.5 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 9 15 | 5 4 |  | 2-2-3-1 2-2-2-1 | 40S 40S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT FLOOR SUPPORT LEG RAISES | 9S 14 | 5 4 |  |  | 35S 35S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 5 25S | 4 4 |  |  | 35S 40S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 20S 12 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 25S | 5 |  |  | 35S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2X7 2X7 | 3 3 |  | 2-2-2-1 | 45S |

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| **1.** |
| **WARMING-UP** |
| BAND WARMING-UP  WORLDS GREATEST STRETCH |

**WWW.PT-HAARLEM.NL PROGRAM 3.6 GYMNASTIC ABS**

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| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 V-UPS | V-UPS  CRUNCHES | 10 16 | 5 4 |  | 2-2-3-1 2-2-2-1 | 40S 40S |
| 2 L-SIT | L-SIT TUCK-IN HOLD L-SIT FLOOR SUPPORT LEG RAISES | 9S 14 | 5 4 |  |  | 35S 35S |
| 3  HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALL HANDSTAND HOLD CHEST TO WALL | 6 30S | 4 4 |  |  | 35S 40S |
| 4 COBRA | STATIC SUPERMAN HOLD FLOOR COBRA | 25S 14 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 5 HBH | HBH HOLD LEG OUT, ARMS IN | 30S | 5 |  |  | 35S |
| 6 BEAR | BEAR HOLD SINGLE ARM EXTENSION  SUPERMAN FROM HANDS AND KNEES | 2X8 2X8 | 3 3 |  | 2-2-2-1 | 45S |