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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** |
| 1V-UPS | V-UPS CRUNCHES  | 8x14x | 43 |  | 2-2-3-12-2-2-1 | 50S50S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT ROLLER BACK AND FORWARD | 8S8x | 43 |  |  | 45S45S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 4x10S | 33 |  |  | 35S50S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 15S10x | 43 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 12S | 4 |  |  | 45S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2X5x2X5x | 33 |  | 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** |
| 1V-UPS | V-UPS CRUNCHES  | 9x15x | 43 |  | 2-2-3-12-2-2-1 | 50S50S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT ROLLER BACK AND FORWARD | 10S9x | 43 |  |  | 45S45S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 5x14S | 33 |  |  | 35S50S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 20S11x | 43 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 18S | 4 |  |  | 45S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2x 6x2x 6x | 33 |  | 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** |
| 1V-UPS | V-UPS CRUNCHES  | 10x16x | 43 |  | 2-2-3-12-2-2-1 | 50S50S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT FLOOR SUPPORT LEG RAISES | 14S10x | 43 |  |  | 45S45S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 6x18S | 33 |  |  | 35S40S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 25S12x | 43 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 24S | 4 |  |  | 45S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2x 7x2x 7x | 33 |  | 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** |
| 1V-UPS | V-UPS CRUNCHES  | 814 | 54 |  | 2-2-3-12-2-2-1 | 50S50S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT FLOOR SUPPORT LEG RAISES | 8S12 | 54 |  |  | 35S35S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 420S | 44 |  |  | 35S40S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 15S10 | 54 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 20S | 5 |  |  | 35S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2X52X5 | 33 |  | 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** |
| 1V-UPS | V-UPS CRUNCHES  | 915 | 54 |  | 2-2-3-12-2-2-1 | 40S40S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT FLOOR SUPPORT LEG RAISES | 9S14 | 54 |  |  | 35S35S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 525S | 44 |  |  | 35S40S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 20S12 | 54 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 25S | 5 |  |  | 35S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2X72X7 | 33 |  | 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** |
| 1V-UPS | V-UPS CRUNCHES  | 1016 | 54 |  | 2-2-3-12-2-2-1 | 40S40S |
| 2L-SIT | L-SIT TUCK-IN HOLDL-SIT FLOOR SUPPORT LEG RAISES | 9S14 | 54 |  |  | 35S35S |
| 3HANDSTAND | KICK-UPS FOR HANDSTAND HOLD BACK TO WALLHANDSTAND HOLD CHEST TO WALL  | 630S | 44 |  |  | 35S40S |
| 4COBRA | STATIC SUPERMAN HOLD FLOORCOBRA  | 25S14 | 54 |  | 2-2-2-1 | 35S45S |
| 5HBH | HBH HOLD LEG OUT, ARMS IN | 30S | 5 |  |  | 35S |
| 6BEAR  | BEAR HOLD SINGLE ARM EXTENSION SUPERMAN FROM HANDS AND KNEES | 2X82X8 | 33 |  | 2-2-2-1 | 45S |