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

**WWW.PT-HAARLEM.NL PROGRAM 4.1 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | 8S 2X5 | 4 3 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 15S | 4 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 10 2X4 | 4 2 |  |  | 45S 50S |
| 4 V-UPS | V-UPS 21E | 5/5/5 | 3 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 8 10 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X6 | 3 |  | 2-2-2-1 | 45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 4.2 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | 12S 2X6 | 4 3 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 16S | 4 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 15s 2X6 | 4 3 |  |  | 45S 50S |
| 4 V-UPS | V-UPS 21E LEG RAISES | 6/6/6 15 | 3 3 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 10 12 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X7 | 3 |  | 2-2-2-1 | 45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 4.3 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | 14S 2X8 | 4 3 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 18S | 4 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 18s 2X7 | 4 3 |  |  | 45S 50S |
| 4 V-UPS | V-UPS 21E LEG RAISES | 7/7/7 16 | 3 3 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 12 14 | 3 3 |  | 2-2-2-2 2-2-2-1 | 45S 45S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X8 | 3 |  | 2-2-2-1 | 45S |

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

**WWW.PT-HAARLEM.NL PROGRAM 4.4 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | maximaal 2X6 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 15S | 5 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 20 2X6 | 5 4 |  |  | 35S 40S |
| 4 V-UPS | V-UPS 21E | 5/5/7 | 4 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 8 10 | 4 4 |  | 2-2-2-2 2-2-2-1 | 35S 35S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X6 | 4 |  | 2-2-2-1 | 35S |

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

**WWW.PT-HAARLEM.NL PROGRAM 4.5 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | maximaal 2X7 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 20S | 5 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 25 2X7 | 5 4 |  |  | 35S 40S |
| 4 V-UPS | V-UPS 21E | 6/6/7 | 4 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 10 12 | 4 4 |  | 2-2-2-2 2-2-2-1 | 35S 35S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X8 | 4 |  | 2-2-2-1 | 35S |

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

**WWW.PT-HAARLEM.NL PROGRAM 4.6 GYMNASTIC ABS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **2.** | | | | | | |
| **CORE GYMNASTIC STRENGHT** | | | | | | |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1 L-SIT | L-SIT  L-SIT HOLD TUCK-IN SL EXTENSION | maximaal 2X7 | 5 4 |  | 2-2-2-1 | 35S 45S |
| 2 HBH | HBH HOLD | 20S | 5 |  |  | 40S |
| 3 HANDSTAND | HANDSTAND BACK TO WALL PICK HOLD FROM BOX SHOULDER TAP | 25 2X7 | 5 4 |  |  | 35S 40S |
| 4 V-UPS | V-UPS 21E | 6/6/7 | 4 |  |  | 45S |
| 5 COBRA | SUPERMAN PRESS  COBRA | 10 12 | 4 4 |  | 2-2-2-2 2-2-2-1 | 35S 35S |
| 6 BEAR | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION | 2X8 | 4 |  | 2-2-2-1 | 35S |