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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | 8S2X5 | 43 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 15S | 4 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 102X4 | 42 |  |  | 45S50S |
| 4V-UPS | V-UPS 21E | 5/5/5 | 3 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 810 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X6 | 3 |  | 2-2-2-1 | 45S |

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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | 12S2X6 | 43 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 16S | 4 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 15s2X6 | 43 |  |  | 45S50S |
| 4V-UPS | V-UPS 21ELEG RAISES | 6/6/615 | 33 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 1012 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X7 | 3 |  | 2-2-2-1 | 45S |

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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | 14S2X8 | 43 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 18S | 4 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 18s2X7 | 43 |  |  | 45S50S |
| 4V-UPS | V-UPS 21ELEG RAISES | 7/7/716 | 33 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 1214 | 33 |  | 2-2-2-22-2-2-1 | 45S45S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X8 | 3 |  | 2-2-2-1 | 45S |

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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | maximaal2X6 | 54 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 15S | 5 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 202X6 | 54 |  |  | 35S40S |
| 4V-UPS | V-UPS 21E | 5/5/7 | 4 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 810 | 44 |  | 2-2-2-22-2-2-1 | 35S35S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X6 | 4 |  | 2-2-2-1 | 35S |

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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | maximaal2X7 | 54 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 20S | 5 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 252X7 | 54 |  |  | 35S40S |
| 4V-UPS | V-UPS 21E | 6/6/7 | 4 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 1012 | 44 |  | 2-2-2-22-2-2-1 | 35S35S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X8 | 4 |  | 2-2-2-1 | 35S |

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

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

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| **2.**  |
| **CORE GYMNASTIC STRENGHT**  |
|  |  | **TIME/REPS** | **SETS** | **WHEIGHT** | **TEMPO** | **REST** |
| 1L-SIT | L-SIT L-SIT HOLD TUCK-IN SL EXTENSION  | maximaal2X7 | 54 |  | 2-2-2-1 | 35S45S |
| 2HBH | HBH HOLD  | 20S | 5 |  |  | 40S |
| 3HANDSTAND | HANDSTAND BACK TO WALLPICK HOLD FROM BOX SHOULDER TAP  | 252X7 | 54 |  |  | 35S40S |
| 4V-UPS | V-UPS 21E | 6/6/7 | 4 |  |  | 45S |
| 5COBRA  | SUPERMAN PRESS COBRA | 1012 | 44 |  | 2-2-2-22-2-2-1 | 35S35S |
| 6BEAR  | BEAR HOLD OPPOSITE ARM AND LEG EXTENSION  | 2X8 | 4 |  | 2-2-2-1 | 35S |