



Warming up:

2:00 Joggen op de plaats

- 3x {
- 20 x Jumping jacks
 - 20 x High Knees
 - 20 x Jumping jacks (Voor - Achter)
 - 20 x Buttkicks
 - 20 x Arm circles

Flexibiliteit (3x)

1. Forward fold →
2. Downward facing dog →
3. Voorligsteun →
4. Knee instep stretch + twist →
5. Cobra →
6. Voorligsteun →
7. Inchworm

Kern vd Training

- (4-5) x {
- 20 Reverse lunge (afwisselend been)
 - 10 Lying leg raise
 - 5 Push-ups
 - 20 Squat
 - 10 Burpees
 - 30 Russian Twist
 - 30 Mountain Climbers
 - 10 Calf Raises