



WARMING-UP

5 min joggen
30 squats
5 min joggen
30 lunges
2 min rust

RONDE 1

10 push-ups
30 crunches
30 jumping jacks
2 min sprint
2 min rust

RONDE 2

30 burpees
30 sec planken
30 squats
2 min sprint
2 min rust

RONDE 3

30 donkey kickback
30 jump squats
30 squats
2 min sprint
2 min rust

WARMING-UP



rust

RONDE 1



rust

RONDE 2



rust

RONDE 3



rust