



RONDE 1

20 sec dips
20 sec squats
20 sec rust

RONDE 2

20 sec push ups op tenen
20 sec push ups op knieën
20 sec rust

RONDE 3

20 sec mountain climbers
20 sec push ups
20 sec rust

RONDE 4

20 sec planken
20 sec commando's
20 sec rust

RONDE 5

20 sec wall press
20 sec jumping jacks
20 sec rust

RONDE 6

20 sec feet elevated push ups
20 sec jumping squats
20 sec rust

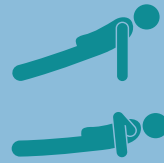
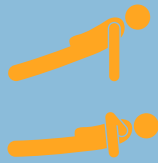
RONDE 7

20 sec plank links
20 sec plank rechts
20 sec plank

RONDE 1



RONDE 2



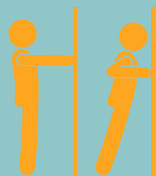
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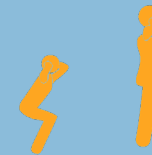
RONDE 4



RONDE 5



RONDE 6



RONDE 7

