

**Neem na elke oefening 10 seconden rust en na elke ronde 1 minuut rust.  
Elke ronde duurt 5 minuten. De totale work-out duurt 24 minuten.**



**RONDE 1**

- 50 sec planken
- 50 sec crunches
- 50 sec planken
- 50 sec crunches
- 50 sec planken

**RONDE 2**

- 50 sec squats
- 50 sec donkey kickback
- 50 sec squats
- 50 sec donkey kickback
- 50 sec squats

**RONDE 3**

- 50 sec lunges
- 50 sec mountain climbers
- 50 sec lunges
- 50 sec mountain climbers
- 50 sec lunges

**RONDE 4**

- 50 sec squat freeze
- 50 sec crunches
- 50 sec squat freeze
- 50 sec crunches
- 50 sec squat freeze

**RONDE 1**

A horizontal bar with a teal background. On the left, a dark teal box contains the text 'RONDE 1'. To the right, five icons are spaced evenly: a blue plank, an orange squat, a teal plank, a red squat, and a blue plank.

**RONDE 2**

A horizontal bar with a light blue background. On the left, a dark blue box contains the text 'RONDE 2'. To the right, five icons are spaced evenly: an orange donkey kickback, a teal plank, a red donkey kickback, a blue plank, and an orange donkey kickback.

**RONDE 3**

A horizontal bar with an orange background. On the left, a dark orange box contains the text 'RONDE 3'. To the right, five icons are spaced evenly: a teal lunge, a red mountain climber, a blue lunge, an orange mountain climber, and a teal lunge.

**RONDE 4**

A horizontal bar with a reddish-brown background. On the left, a dark reddish-brown box contains the text 'RONDE 4'. To the right, five icons are spaced evenly: a red squat freeze, a blue plank, an orange squat freeze, a teal plank, and a red squat freeze.