# 174 kcal

Expert | 19 min

| | | | |
|---|---|---|---|
| 1 |  | Mountain Climber | 40 Sec |
| 2 |  | Jumping Jacks | 45 Sec |
| | Rust | | 20 Sec |
| 3 |  | Full Vertical Crunch | 50 Sec |
| 4 |  | Burpees | 40 Sec |
| | Rust | | 20 Sec |
| 5 |  | Cycling Abs | 45 Sec |
| 6 |  | Squat | 40 Sec |
| 7 |  | Afwisselend kruisen van de voeten | 40 Sec |

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|---|---|---|---|
| 8 |  | Full Vertical Crunch | 40 Sec |
| 9 |  | Jumping Jacks | 40 Sec |
| | Rust | | 20 Sec |
| 10 |  | Jump Burpees | 40 Sec |
| 11 |  | Full Vertical Crunch | 45 Sec |
| | Rust | | 20 Sec |
| 12 |  | Reverse Crunch | 45 Sec |
| 13 |  | Jumping Jacks | 45 Sec |
| 14 |  | Crunch met gekruiste armen | 45 Sec |
| 15 |  | Butt kicks | 45 Sec |
| 16 |  | Leg Push | 45 Sec |

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| | | | |
|---|---|---|---|
| Rust | | | **20 Sec** |
| **17** |  | **Mountain Climber** | **45** Sec |
| **18** |  | **Reverse Crunch** | **45** Sec |
| **19** |  | **Hoge Knieën Hardlopen Ter Plaatse** | **45** Sec |
| **20** |  | **Crunch met gekruiste armen** | **45** Sec |
| **21** |  | **Jumping Jacks** | **45** Sec |
| **22** |  | **Leg Push** | **45** Sec |
| **23** |  | **Butt kicks** | **30** Sec |
| **24** |  | **Mountain Climber** | **25** Sec |

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P4P

## Dit is de workout als PDF. In de app beleef je de volledige ervaring.

Hier heb je de technische structuur. In de app vind je een rijkere, dynamischere ervaring.

- 🎬 Videogids met volledige animaties
- 🎵 Eigen muziek voor beter trainen
- ⚙️ Aanpasbare timer en instellingen
- 📅 Progressieve plannen van 30, 60 en 90 dagen
- ✨ Nieuwe workouts gegenereerd met kunstmatige intelligentie

**Download de app**

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