200 Kcal

Gevorderd | 26 min

1		Jumping Lunges	30 Sec
		Rust	20 Sec
2		Jump Burpees	30 Sec
		Rust	20 Sec
3		Mountain Climber	45 Sec
		Rust	30 Sec
4		Jumping Jacks	45 Sec
		Rust	15 Sec
5		Jumping Lunges	40 Sec
		Rust	30 Sec

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6		Jump Burpees	40 Sec
7		Jumping Jacks	40 Sec

Rust **30 Sec**

8		Crunch met duwende handen	40 Sec
9		Mountain Climber	40 Sec

Rust **20 Sec**

10		Reverse Crunch	30 Sec
11		Jump Burpees	35 Sec

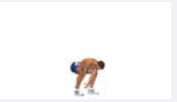
Rust **30 Sec**

12		Full Vertical Crunch	30 Sec
13		Jumping Jacks	30 Sec

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14		Crunch met handen rustend op benen	30 Sec
		Rust	20 Sec
15		Toe touch jacks	30 Sec
		Rust	20 Sec
16		Toe touch jacks	30 Sec
		Rust	20 Sec
17		Alternate hops	30 Sec
		Rust	20 Sec
18		Alternate hops	30 Sec
		Rust	20 Sec
19		Verhoogde crunches	40 Sec
20		Bend and Reach	40 Sec

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Rust			20 Sec
21		Verhoogde crunches	40 Sec
22		Bend and Reach	40 Sec
23		Wisselende Beat Buikspieren	40 Sec
Rust			20 Sec
24		Full Vertical Crunch	40 Sec
25		Jumping Lunges	30 Sec
Rust			20 Sec
26		Cycling Abs	40 Sec
27		Squat	40 Sec
28		Afwisselend kruisen van de voeten	40 Sec

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29		Full Vertical Crunch	40 Sec
30		Jumping Jacks	40 Sec
	Rust		20 Sec
31		Jump Burpees	40 Sec
32		Full Vertical Crunch	35 Sec

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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