280 kcal

Expert | 31 min

1		Mountain Climber	40 Sec
2		Jumping Jacks	45 Sec
	Rust		20 Sec
3		Jumping Jacks	60 Sec
	Rust		20 Sec
4		Crunch met duwende handen	45 Sec
5		Mountain Climber	50 Sec
	Rust		20 Sec
6		Reverse Crunch	40 Sec
7		Jump Burpees	35 Sec

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Rust			20 Sec
8		Full Vertical Crunch	40 Sec
9		Jumping Jacks	40 Sec
Rust			20 Sec
10		Crunch met handen rustend op benen	40 Sec
11		Toe touch jacks	45 Sec
12		Alternate hops	40 Sec
Rust			20 Sec
13		Verhoogde crunches	40 Sec
14		Bend and Reach	40 Sec
15		Verhoogde crunches	40 Sec

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16		Bend and Reach	40 Sec
17		Wisselende Beat Buikspieren	40 Sec
	Rust		20 Sec
18		Full Vertical Crunch	40 Sec
19		Burpees	40 Sec
	Rust		20 Sec
20		Cycling Abs	40 Sec
21		Squat	40 Sec
22		Afwisselend kruisen van de voeten	40 Sec
23		Full Vertical Crunch	40 Sec
24		Jumping Jacks	40 Sec

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Rust			20 Sec
25		Jump Burpees	40 Sec
26		Full Vertical Crunch	45 Sec
Rust			20 Sec
27		Reverse Crunch	45 Sec
28		Jumping Jacks	45 Sec
29		Crunch met gekruiste armen	45 Sec
30		Butt kicks	45 Sec
31		Leg Push	45 Sec
Rust			20 Sec
32		Mountain Climber	45 Sec

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33		Reverse Crunch	45 Sec
34		Hoge Knieën Hardlopen Ter Plaatse	45 Sec
35		Crunch met gekruiste armen	45 Sec
36		Jumping Jacks	45 Sec
37		Leg Push	45 Sec
38		Butt kicks	30 Sec
39		Mountain Climber	25 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.

Download de app

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