300 Kcal

Expert | 34 min

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

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6		Jumping Jacks	40 Sec
7		Jump Burpees	40 Sec
	Rust		20 Sec
8		Crunch met duwende handen	40 Sec
9		Mountain Climber	40 Sec
	Rust		20 Sec
10		Reverse Crunch	40 Sec
11		Jump Burpees	35 Sec
	Rust		20 Sec
12		Full Vertical Crunch	40 Sec
13		Jumping Jacks	40 Sec

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Rust **20 Sec**

14		Crunch met handen rustend op benen	**40** Sec
15		Toe touch jacks	**45** Sec
16		Alternate hops	**40** Sec

Rust **20 Sec**

17		Verhoogde crunches	**40** Sec
18		Bend and Reach	**40** Sec
19		Verhoogde crunches	**40** Sec
20		Bend and Reach	**40** Sec
21		Wisselende Beat Buikspieren	**40** Sec

Rust **20 Sec**

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22		Full Vertical Crunch	40 Sec
23		Burpees	40 Sec

Rust 20 Sec

24		Cycling Abs	40 Sec
25		Squat	40 Sec
26		Afwisselend kruisen van de voeten	40 Sec
27		Full Vertical Crunch	40 Sec
28		Jumping Jacks	40 Sec

Rust 20 Sec

29		Jump Burpees	40 Sec
30		Full Vertical Crunch	45 Sec

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Rust **20 Sec**

31		Reverse Crunch	45 Sec
32		Jumping Jacks	45 Sec
33		Crunch met gekruiste armen	45 Sec
34		Butt kicks	45 Sec
35		Leg Push	45 Sec

Rust **20 Sec**

36		Mountain Climber	45 Sec
37		Reverse Crunch	45 Sec
38		Hoge Knieën Hardlopen Ter Plaatse	45 Sec
39		Crunch met gekruiste armen	45 Sec

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40		Jumping Jacks	45 Sec
41		Leg Push	45 Sec
42		Butt kicks	30 Sec
43		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.

- 🎬 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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