318 kcal

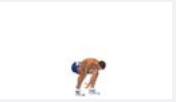
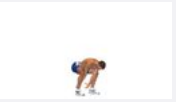
Expert | 35 min

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

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8		Mountain Climber	60 Sec
	Rust		20 Sec
9		Reverse Crunch	40 Sec
10		Jump Burpees	35 Sec
	Rust		20 Sec
11		Full Vertical Crunch	40 Sec
12		Jumping Jacks	60 Sec
	Rust		20 Sec
13		Crunch met handen rustend op benen	40 Sec
14		Toe touch jacks	45 Sec
15		Alternate hops	40 Sec

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Rust			20 Sec
16		Verhoogde crunches	40 Sec
17		Bend and Reach	60 Sec
18		Verhoogde crunches	40 Sec
19		Bend and Reach	60 Sec
20		Wisselende Beat Buikspieren	30 Sec
Rust			20 Sec
21		Full Vertical Crunch	40 Sec
22		Burpees	40 Sec
Rust			20 Sec
23		Cycling Abs	40 Sec

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24		Squat	40 Sec
25		Afwisselend kruisen van de voeten	40 Sec
26		Full Vertical Crunch	40 Sec
27		Jumping Jacks	40 Sec
	Rust		20 Sec
28		Jump Burpees	40 Sec
29		Full Vertical Crunch	45 Sec
	Rust		20 Sec
30		Reverse Crunch	45 Sec
31		Jumping Jacks	45 Sec
32		Crunch met gekruiste armen	45 Sec

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33		Butt kicks	45 Sec
34		Leg Push	45 Sec

Rust **20 Sec**

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

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42		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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