336 kcal

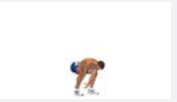
Expert | 37 min

1		Jumping Jacks	45 Sec
2		Butt kicks	45 Sec
	Rust		20 Sec
3		Jumping Jacks	60 Sec
4		Crunch met duwende handen	40 Sec
	Rust		20 Sec
5		Plank	20 Sec
6		Jumping Jacks	40 Sec
7		Crunch met duwende handen	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

8		Mountain Climber	40 Sec
	Rust		20 Sec
9		Reverse Crunch	30 Sec
10		Jump Burpees	35 Sec
11		Plank	40 Sec
	Rust		15 Sec
12		Full Vertical Crunch	30 Sec
13		Jumping Jacks	30 Sec
14		Crunch met handen rustend op benen	30 Sec
	Rust		15 Sec
15		Toe touch jacks	30 Sec

Copyright Passion4Profession 2026. All rights reserved.

16		Plank	40 Sec
17		Alternate hops	40 Sec
	Rust		15 Sec
18		Alternate hops	40 Sec
19		Verhoogde crunches	40 Sec
20		Bend and Reach	40 Sec
	Rust		15 Sec
21		Verhoogde crunches	40 Sec
22		Plank	30 Sec
23		Bend and Reach	40 Sec
24		Wisselende Beat Buikspieren	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

Rust			15 Sec
25		Full Vertical Crunch	40 Sec
26		Jumping Lunges	30 Sec
27		Plank	40 Sec
Rust			15 Sec
28		Cycling Abs	40 Sec
29		Squat	40 Sec
30		Afwisselend kruisen van de voeten	40 Sec
31		Plank	40 Sec
Rust			15 Sec
32		Full Vertical Crunch	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

33		Jumping Jacks	40 Sec
		Rust	15 Sec
34		Jump Burpees	40 Sec
35		Full Vertical Crunch	40 Sec
		Rust	15 Sec
36		Reverse Crunch	45 Sec
37		Alternate hops	45 Sec
		Rust	15 Sec
38		Reverse Crunch	45 Sec
39		Alternate hops	45 Sec
		Rust	15 Sec

Copyright Passion4Profession 2026. All rights reserved.

40		Hoge Knieën Hardlopen Ter Plaatse	40 Sec
41		Reverse Crunch	45 Sec
42		Afwisselend kruisen van de voeten	45 Sec
	Rust		15 Sec
43		Crunch met gekruiste armen	40 Sec
44		Jumping Jacks	45 Sec
45		Full Vertical Crunch	40 Sec
46		Hoge Knieën Hardlopen Ter Plaatse	40 Sec
	Rust		15 Sec
47		Afwisselend kruisen van de voeten	40 Sec
48		Jumping Jacks	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

49		Full Vertical Crunch	30 Sec
50		Butt kicks	40 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

Copyright Passion4Profession 2026. All rights reserved.