344 kcal

Expert | 38 min

1		Mountain Climber	50 Sec
		Rust	20 Sec
2		Jump Burpees	30 Sec
		Rust	20 Sec
3		Jumping Jacks	60 Sec
		Rust	20 Sec
4		Jumping Jacks	60 Sec
5		Burpees	60 Sec
		Rust	20 Sec
6		Crunch met duwende handen	40 Sec

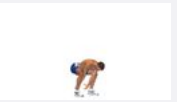
Copyright Passion4Profession 2026. All rights reserved.

7		Mountain Climber	60 Sec
		Rust	20 Sec
8		Jump Burpees	40 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	40 Sec
		Rust	20 Sec
13		Crunch met handen rustend op benen	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

14		Toe touch jacks	60 Sec
15		Alternate hops	60 Sec

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	40 Sec

Rust 20 Sec

21		Full Vertical Crunch	40 Sec
22		Burpees	40 Sec

Copyright Passion4Profession 2026. All rights reserved.

Rust **20 Sec**

23		Cycling Abs	40 Sec
24		Squat	40 Sec
25		Afwisselend kruisen van de voeten	40 Sec
26		Full Vertical Crunch	40 Sec
27		Jumping Jacks	60 Sec

Rust **20 Sec**

28		Jump Burpees	60 Sec
29		Full Vertical Crunch	45 Sec

Rust **20 Sec**

30		Reverse Crunch	45 Sec

Copyright Passion4Profession 2026. All rights reserved.

31		Jumping Jacks	60 Sec
32		Crunch met gekruiste armen	45 Sec
33		Butt kicks	60 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	60 Sec
38		Crunch met gekruiste armen	45 Sec
39		Jumping Jacks	45 Sec

Copyright Passion4Profession 2026. All rights reserved.

40		Leg Push	45 Sec
41		Butt kicks	60 Sec
42		Mountain Climber	45 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.