375 kcal

Expert | 41 min

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

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8		Jumping Lunges	40 Sec

Rust 20 Sec

9		Jump Burpees	40 Sec
10		Plank	40 Sec
11		Jumping Jacks	40 Sec
12		Crunch met duwende handen	40 Sec
13		Mountain Climber	40 Sec

Rust 20 Sec

14		Reverse Crunch	30 Sec
15		Jump Burpees	35 Sec
16		Plank	40 Sec

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Rust			15 Sec
17		Full Vertical Crunch	30 Sec
18		Jumping Jacks	30 Sec
19		Crunch met handen rustend op benen	30 Sec
Rust			15 Sec
20		Toe touch jacks	30 Sec
21		Plank	40 Sec
22		Alternate hops	40 Sec
Rust			15 Sec
23		Alternate hops	40 Sec
24		Verhoogde crunches	40 Sec

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25		Bend and Reach	40 Sec
	Rust		15 Sec
26		Verhoogde crunches	40 Sec
27		Plank	30 Sec
28		Bend and Reach	40 Sec
29		Wisselende Beat Buikspieren	40 Sec
	Rust		15 Sec
30		Full Vertical Crunch	40 Sec
31		Jumping Lunges	30 Sec
32		Plank	40 Sec
	Rust		15 Sec

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33		Cycling Abs	40 Sec
34		Squat	40 Sec
35		Afwisselend kruisen van de voeten	40 Sec
36		Plank	40 Sec

Rust **15 Sec**

37		Full Vertical Crunch	40 Sec
38		Jumping Jacks	40 Sec

Rust **15 Sec**

39		Jump Burpees	40 Sec
40		Full Vertical Crunch	40 Sec

Rust **15 Sec**

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

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49		Jumping Jacks	45 Sec
50		Full Vertical Crunch	40 Sec
51		Hoge Knieën Hardlopen Ter Plaatse	40 Sec
	Rust		15 Sec
52		Afwisselend kruisen van de voeten	40 Sec
53		Jumping Jacks	40 Sec
54		Full Vertical Crunch	30 Sec
55		Butt kicks	40 Sec

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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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