487 kcal

Expert | 53 min

1		Mountain Climber	60 Sec
		Rust	20 Sec
2		Jump Burpees	60 Sec
		Rust	20 Sec
3		Jumping Jacks	60 Sec
		Rust	20 Sec
4		Jumping Jacks	60 Sec
5		Burpees	60 Sec
		Rust	10 Sec
6		Crunch met duwende handen	60 Sec

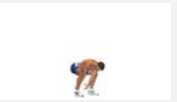
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7		Mountain Climber	60 Sec
	Rust		20 Sec
8		Jump Burpees	60 Sec
	Rust		20 Sec
9		Reverse Crunch	60 Sec
10		Jump Burpees	60 Sec
	Rust		10 Sec
11		Full Vertical Crunch	60 Sec
12		Jumping Jacks	60 Sec
	Rust		20 Sec
13		Crunch met handen rustend op benen	60 Sec

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14		Toe touch jacks	60 Sec
15		Alternate hops	60 Sec

Rust **20 Sec**

16		Verhoogde crunches	60 Sec
17		Bend and Reach	60 Sec
18		Verhoogde crunches	60 Sec
19		Bend and Reach	60 Sec
20		Wisselende Beat Buikspieren	60 Sec

Rust **10 Sec**

21		Full Vertical Crunch	60 Sec
22		Burpees	40 Sec

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Rust			10 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			10 Sec
28		Jump Burpees	60 Sec
29		Full Vertical Crunch	45 Sec
Rust			10 Sec
30		Reverse Crunch	45 Sec

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31		Jumping Jacks	60 Sec
32		Crunch met gekruiste armen	45 Sec
33		Butt kicks	60 Sec
34		Leg Push	45 Sec

Rust **15 Sec**

35		Mountain Climber	60 Sec
36		Reverse Crunch	45 Sec
37		Hoge Knieën Hardlopen Ter Plaatse	60 Sec
38		Crunch met gekruiste armen	45 Sec

Rust **15 Sec**

39		Jumping Jacks	45 Sec

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40		Leg Push	45 Sec
41		Butt kicks	60 Sec
42		Mountain Climber	60 Sec
	Rust		15 Sec
43		Butt kicks	60 Sec
	Rust		15 Sec
44		Jumping Jacks	60 Sec
	Rust		10 Sec
45		Mountain Climber	60 Sec
	Rust		10 Sec
46		Jumping Jacks	60 Sec
	Rust		10 Sec

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47		Mountain Climber	60 Sec
		Rust	10 Sec
48		Crunch met gekruiste armen	x60 Herh
		Rust	10 Sec
49		Crunch met handen rustend op benen	x60 Herh

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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