# 685 kcal

Expert | 74 min

| | | | |
|---|---|---|---|
| 1 |  | Mountain Climber | 60 Sec |
| | Rust | | 20 Sec |
| 2 |  | Mountain Climber | 50 Sec |
| | Rust | | 10 Sec |
| 3 |  | Mountain Climber | 40 Sec |
| | Rust | | 10 Sec |
| 4 |  | Butt kicks | 60 Sec |
| 5 |  | Hoge Knieën Hardlopen Ter Plaatse | 60 Sec |
| | Rust | | 10 Sec |
| 6 |  | Jump Burpees | 60 Sec |

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| | | | |
|---|---|---|---|
| | | Rust | 10 Sec |
| 7 |  | Jumping Jacks | 60 Sec |
| | | Rust | 10 Sec |
| 8 |  | Jumping Jacks | 60 Sec |
| | | Rust | 10 Sec |
| 9 |  | Jumping Jacks | 60 Sec |
| | | Rust | 10 Sec |
| 10 |  | Burpees | 60 Sec |
| | | Rust | 10 Sec |
| 11 |  | Crunch met duwende handen | 60 Sec |
| 12 |  | Mountain Climber | 60 Sec |
| | | Rust | 20 Sec |

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| | | | |
|---|---|---|---|
| 13 |  | Jump Burpees | 60 Sec |
| | Rust | | 20 Sec |
| 14 |  | Reverse Crunch | 60 Sec |
| 15 |  | Jump Burpees | 60 Sec |
| | Rust | | 10 Sec |
| 16 |  | Full Vertical Crunch | 60 Sec |
| 17 |  | Jumping Jacks | 60 Sec |
| | Rust | | 20 Sec |
| 18 |  | Crunch met handen rustend op benen | 60 Sec |
| 19 |  | Toe touch jacks | 60 Sec |
| 20 |  | Alternate hops | 60 Sec |

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| | | | |
|---|---|---|---|
| Rust | | | 20 Sec |
| 21 |  | Alternate hops | 60 Sec |
| 22 |  | Verhoogde crunches | 60 Sec |
| 23 |  | Bend and Reach | 60 Sec |
| 24 |  | Verhoogde crunches | 60 Sec |
| 25 |  | Bend and Reach | 60 Sec |
| 26 |  | Wisselende Beat Buikspieren | 60 Sec |
| Rust | | | 10 Sec |
| 27 |  | Full Vertical Crunch | 60 Sec |
| 28 |  | Burpees | 60 Sec |
| Rust | | | 10 Sec |

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| | | | |
|---|---|---|---|
| 29 |  | Cycling Abs | 60 Sec |
| 30 |  | Squat | 60 Sec |
| 31 |  | Afwisselend kruisen van de voeten | 60 Sec |
| 32 |  | Full Vertical Crunch | 60 Sec |
| 33 |  | Jumping Jacks | 60 Sec |

Rust 10 Sec

| | | | |
|---|---|---|---|
| 34 |  | Jump Burpees | 60 Sec |
| 35 |  | Full Vertical Crunch | 60 Sec |

Rust 10 Sec

| | | | |
|---|---|---|---|
| 36 |  | Reverse Crunch | 60 Sec |
| 37 |  | Jumping Jacks | 60 Sec |

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| | | | |
|---|---|---|---|
| 38 |  | Crunch met gekruiste armen | 60 Sec |
| | | Rust | 10 Sec |
| 39 |  | Butt kicks | 60 Sec |
| 40 |  | Leg Push | 60 Sec |
| | | Rust | 15 Sec |
| 41 |  | Mountain Climber | 60 Sec |
| 42 |  | Reverse Crunch | 60 Sec |
| | | Rust | 10 Sec |
| 43 |  | Hoge Knieën Hardlopen Ter Plaatse | 60 Sec |
| 44 |  | Crunch met gekruiste armen | 45 Sec |
| | | Rust | 15 Sec |

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|---|---|---|---|
| 45 |  | Jumping Jacks | 45 Sec |
| 46 |  | Leg Push | 60 Sec |
| | Rust | | 10 Sec |
| 47 |  | Butt kicks | 60 Sec |
| 48 |  | Mountain Climber | 60 Sec |
| | Rust | | 15 Sec |
| 49 |  | Butt kicks | 60 Sec |
| | Rust | | 15 Sec |
| 50 |  | Jumping Jacks | 60 Sec |
| | Rust | | 10 Sec |
| 51 |  | Mountain Climber | 60 Sec |
| | Rust | | 10 Sec |

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| | | | |
|---|---|---|---|
| 52 |  | Jumping Jacks | 60 Sec |
| | | Rust | 10 Sec |
| 53 |  | Mountain Climber | 60 Sec |
| | | Rust | 10 Sec |
| 54 |  | Crunch met gekruiste armen | x60 Herh |
| | | Rust | 10 Sec |
| 55 |  | Crunch met handen rustend op benen | x60 Herh |
| | | Rust | 10 Sec |
| 56 |  | Jumping Jacks | 60 Sec |
| 57 |  | Alternate hops | 60 Sec |
| | | Rust | 10 Sec |
| 58 |  | Jumping Jacks | 60 Sec |

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| | | | |
|---|---|---|---|
| 59 |  | Alternate hops | 60 Sec |
| | Rust | | 10 Sec |
| 60 |  | Mountain Climber | 40 Sec |
| 61 |  | Alternate hops | 60 Sec |
| 62 |  | Mountain Climber | 60 Sec |
| | Rust | | 10 Sec |
| 63 |  | Alternate hops | 60 Sec |
| 64 |  | Knee Push Ups with Hands at Chest Width | 60 Sec |
| | Rust | | 10 Sec |
| 65 |  | Knee Push Ups with Hands at Chest Width | 60 Sec |
| | Rust | | 10 Sec |

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| | | | |
|---|---|---|---|
| 66 |  | Hoge Knieën Hardlopen Ter Plaatse | 60 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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