# 7 Minute Butt Workout

Beginner | 8 min | 78 Kcal

| | | | |
|---|---|---|---|
| 1 |  | Hoge Knieën Hardlopen Ter Plaatse | 30 Sec |
| | | Rust | 10 Sec |
| 2 |  | Squat | 30 Sec |
| | | Rust | 10 Sec |
| 3 |  | Crisscross hip-extension | 30 Sec |
| | | Rust | 10 Sec |
| 4 |  | Single Leg Bridge | 30 Sec |
| | | Rust | 10 Sec |
| 5 |  | Mountain Climber | 30 Sec |
| | | Rust | 10 Sec |

Copyright Passion4Profession 2026. All rights reserved.

| | | | |
|---|---|---|---|
| 6 |  | Superman | 30 Sec |
| | | Rust | 10 Sec |
| 7 |  | Butt kicks | 30 Sec |
| | | Rust | 10 Sec |
| 8 |  | Leg Pull Down | 30 Sec |
| | | Rust | 10 Sec |
| 9 |  | Jump Burpees | 30 Sec |
| | | Rust | 10 Sec |
| 10 |  | Step Ups<br>Bank / Stoel | 30 Sec |
| | | Rust | 10 Sec |
| 11 |  | Jumping Jacks | 30 Sec |
| | | Rust | 10 Sec |

Copyright Passion4Profession 2026. All rights reserved.

| | | | |
|---|---|---|---|
| 12 |  | Plank | 30 Sec |

## Quickify

### 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 intelligen...

**Download de app**

Copyright Passion4Profession 2026. All rights reserved.