Insane - Niveau 3

Expert | 22 min | 216 Kcal

1		Star push-ups	x30 Herh
	Rust		20 Sec
2		Star push-ups	x20 Herh
	Rust		10 Sec
3		Star push-ups	x10 Herh
	Rust		10 Sec
4		Explosive Push-Ups	40 Sec
	Rust		20 Sec
5		Explosive Push-Ups	25 Sec
	Rust		10 Sec

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6  Explosive Push-Ups 15 Sec

Rust 10 Sec

7  Push Up - Hands at Chest Width x30 Herh

Rust 20 Sec

8  Push Up - Hands at Chest Width x25 Herh

Rust 15 Sec

9  Push Up - Hands at Chest Width x20 Herh

Rust 10 Sec

10  Spartan Push Ups 30 Sec

Rust 30 Sec

11  Spartan Push Ups 20 Sec

Rust 20 Sec

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12		Spartan Push Ups	15 Sec
		Rust	15 Sec
13		Push-ups met draaiing van de romp	x15 Herh
		Rust	30 Sec
14		Push-ups met draaiing van de romp	x10 Herh
		Rust	20 Sec
15		Push-ups met draaiing van de romp	x10 Herh
		Rust	30 Sec
16		Spiderman Push-Ups	30 Sec
		Rust	15 Sec
17		Spiderman Push-Ups	30 Sec
		Rust	15 Sec

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18		Spiderman Push-Ups	30 Sec
		Rust	30 Sec
19		Hindu Push Ups	x30 Herh
		Rust	20 Sec
20		Hindu Push Ups	x20 Herh
		Rust	15 Sec
21		Hindu Push Ups	x15 Herh
		Rust	30 Sec
22		Explosive Push-Ups	15 Sec
23		Push Up - Hands at Chest Width	x15 Herh
24		Explosive Push-Ups	15 Sec

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25		Push Up - Hands at Chest Width	x15 Herh

Rust **30 Sec**

26		Push Up - Hands at Chest Width	x15 Herh
27		Explosive Push-Ups	15 Sec
28		Push Up - Hands at Chest Width	x15 Herh
29		Explosive Push-Ups	15 Sec

Chestify

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.

Download de app

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