# “Waanzinnige” borst – Niveau 2

Expert | 12 min

| | | | |
|---|---|---|---|
| 1 |  | Knee Push Ups with Hands at Chest Width | x30 Herh |
| | Rust | | 20 Sec |
| 2 |  | Opdrukken | x30 Herh |
| | Rust | | 20 Sec |
| 3 |  | Push Up - Hands at Chest Width | x20 Herh |
| 4 |  | Opdrukken | x20 Herh |
| | Rust | | 30 Sec |
| 5 |  | Push-ups met draaiing van de romp | x5 Herh |
| | Rust | | 30 Sec |
| 6 |  | Push Up - Feet on Bench<br>Verhoog | x30 Herh |

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| | | | |
|---|---|---|---|
| | | Rust | 45 Sec |
| 7 |  | Spartan Push Ups | 35 Sec |
| | | Rust | 30 Sec |
| 8 |  | Hindu Push Ups | x8 Herh |
| 9 |  | Diamond Push-Ups (Knees position) | x20 Herh |
| | | Rust | 20 Sec |
| 10 |  | Diamond Push-Ups (Knees position) | x15 Herh |
| | | Rust | 10 Sec |
| 11 |  | Diamond Push-Ups (Knees position) | x10 Herh |
| | | Rust | 30 Sec |
| 12 |  | Explosive Push-Ups | 20 Sec |
| | | Rust | 30 Sec |

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| | | | |
|---|---|---|---|
| 13 |  | Push-ups met draaiing van de romp | x5 Herh |
| | | Rust | 20 Sec |
| 14 |  | Explosive Push-Ups | 20 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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