“Waanzinnige” borst – Niveau 3

Expert | 22 min

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

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.

Download de app

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