

Bodyweight Training 1.1



Minuut	Warming-up (10 minuten)
	2 rondes van 1 minuut iedere oefening
1	Squats
1	Walk out Push-ups
1	Standing knee lift li + re (wissel na 30 sec)
1	Semi burpees

TRAIN AND HAVE FUN

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Seconden	Core Strength (10 minuten) 3 rondes van 30 seconden
30	Basic plank
30	Leg raises
30	Flutterkicks
30	Superman
30	Mountainclimbers

TRAIN AND HAVE FUN

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Minuut	Full body Strength (25 minuten) 2 rondes van 1 minuut
1	Squats
1	Triceps Dips
1	Lunges L + R
1	Spiderman Pushups
1	Side Lunges L + R
1	Side Plank L
1	Standing Hamstring Curl L + R
1	Side Plank R
1	Squat Jumps

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Tabatha Burpee (5 minuten)

8 sets 20 sec per set 10 sec rust

Tabatha Burpee

Bring Sally Up (5 minuten)

Squats/Situps/Pushups

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