













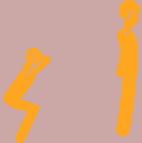




WARMING-UP
30 sec joggen
30 sec squats
30 sec burpees
30 sec joggen
30 sec lunges

RONDE 1
60 sec joggen
45 sec jumping jacks
15 sec squats
15 sec rust

RONDE 2
60 sec joggen
45 sec burpees
15 sec planken
15 sec rust

RONDE 3
60 sec joggen
45 sec jump squats
15 sec squats
15 sec rust

RONDE 4
60 sec joggen
45 sec mountain climbers
15 sec jumping jacks
15 sec rust

WARMING-UP					
RONDE 1				rust	2x
RONDE 2				rust	2x
RONDE 3				rust	2x
RONDE 4				rust	2x