



RONDE 1

20 sec squats
20 sec jumping squats
20 sec rust

RONDE 2

20 sec high knees
20 sec sprinten
20 sec rust

RONDE 3

20 sec mountain
climbers
20 sec push ups
20 sec rust

RONDE 4

20 sec planken
20 sec commando's
20 sec rust

RONDE 5

20 sec jumping jacks
20 sec skaters
20 sec rust

RONDE 6

20 sec squats
20 sec jumping squats
20 sec rust

RONDE 7

20 sec plank links
20 sec plank rechts
20 sec plank

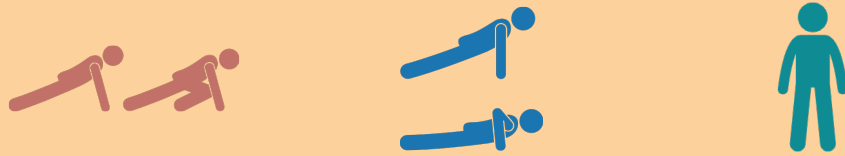
RONDE 1



RONDE 2



RONDE 3



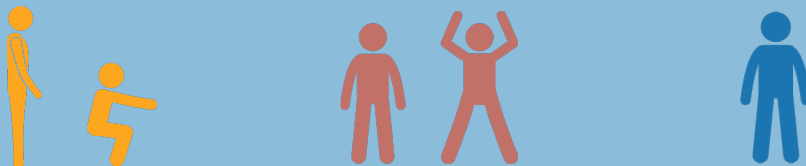
RONDE 4



RONDE 5



RONDE 6



RONDE 7

