

Warming up - 5min

- 15sec – 3 Rondes
- Boksloop
- Hakken billen
- Knieen heffen
- Heupen draaien
- Jumping jacks
- Split Jacks
- Lunges – Front
- Squat

Techniek – 45min

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|---|--------|
| - Jab – Jab – Cross | 3min |
| - Push ups – handen recht onder schouders | 3x 10 |
| - Jab – Cross – Cross | 3min |
| - 1x Squat jump + 10sec vasthouden | 10x |
| - Jab – Cross – L Hook | 3min |
| - Full Plank | 1min |
| - 10sec Jab – Cross + 2x High Knee jump | 1,5min |
| - Jab – Cross – Lever | 3min |
| - Push ups – handen wijder dan schouders | 3x 10 |
| - Cross – Lever – L Hook | 3min |
| - Jumping lunges | 20x |
| - Jab – R Body Hook – L Hook | 3min |
| - Plank op ellebogen | 1min |
| - 10x Jab – Cross + 2x High Knee jump | 1,5min |
| - Freestyle | 3min |
| - Rust | 1min |
| - Freestyle | 3min |
| - Sit Ups –lucht aantikken | 45sec |
| - Plank | 45sec |
| - Sit Ups – crunch | 45sec |
| - Plank – spiderman | 45sec |
| - Sit Ups – enkels tikken | 45sec |
| - Plank – suicide | 45sec |
| - Sit Ups – V sit | 45sec |

Cooling down - 5min