

Warming up - 5min

In de lucht

- Jab – Cross – L Hook 15x rustig + 15x snel
- Squats 20x
- R Uppercut – L Hook – Cross 15x rustig + 15x snel
- Lunges 20x

Techniek – 40min

- Jab – Body Cross – Cross – L Hook – Lever 4min
- Push ups + 5 sec vasthouden met gestrekte armen 10x

- Sit ups 1min

- Jab – Body Jab – Overhand – Lever - Overhand 4min
- Squat jump + 5sec laag vasthouden 10x

- Sit ups 1min

- Jab – L Hook – R Hook – Lever – Lever 4min
- Push ups + 5 sec lag vasthouden met gebogen armen 10x

- Sit ups 1min

- Jab – R Body Hook – Lever – R Uppercut – L Hook 4min
- Lunges jump + 5sec laag vasthouden 10x

- 50x Jab – Cross
- 50x L Hook – R Hook
- 50x L Uppercut – R Uppercut

- Freestyle 3min
- Rust 1min
- Freestyle 3min

- 100x crunches

Cooling down - 5min