

Warming up – 5min

- Boksloop + 5x squat + 5x push up + 5sec sprint 3min
- Lunges – front 12x
- Boksloop + 3x jump squat + 3x plyo push up + 3sec sprint 3min
- Lunges – back 12X
- Shadowbox 2min

Techniek – 40min

- Jab – Cross – Slip Right – Cross 3min
- Push ups – lucht aantikken met 1 arm 10x
- Jab – Cross – Slip Right – Cross – L Hook – Lever - Lever 4min
- Push ups – afgewisseld 1 been omhoog 10x
- Jab - Cross 30sec snel + 20x hard
- Cross – L Hook – Slip Left – Lever 3min
- Jump squat 20x
- Cross – L Hook – Slip Left – Lever – L Hook – R B Hook – R Hook 4min
- Jump lunges 20x
- L Hook – R Hook 30sec snel + 20x hard
- Freestyle (dichtbij) 3min
- 1x Jab – Cross – L Hook – Cross
- 2x push up
- 10x herhalen
- Freestyle (afstand) 3min
- 10x Jab – Cross – L Hook – Cross
- 10x High Knee jumps
- 2x herhalen
- Freestyle (vrij) 3min
- Core: Leg raises 3x 15
- Core: Sit ups 3x 15
- Core: Plank 1min

Cooling down – 5min