

Warming up – 5min

- Shadowbox – only straights 1min
- Squats 20x
- Shadowbox – only hooks and uppercuts 1min
- Lunges 20x
- Shadowbox – everything 1min

Techniek – 40min

- Jab – Jab – Cross – (L Hook) – Roll under 3min
- Push ups 3x 10

- Sit ups 1min

- Jab – Jab – Cross – (L Hook) – Roll under – Cross – Lever – L Hook 4min
- Squat jump + 5 sec laag vasthouden 10x

- 100 stoten = 10x jab – Cross 10x

- Jab – Cross – Jab – (Overhand) – Roll under 3min
- Push ups met klap tussendoor (vanaf knieën) 3x 10

- Sit ups 1min

- Jab – Cross – Jab – (Overhand) – Roll under – L Hook – R Body Hook – L Hook 4min
- Lunges jump + 5 sec laag vasthouden 10x

- 100 stoten = 10x L Hook – R Hook 10x

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

- 100x crunches

Cooling down – 5min