

Workout of the day maandag

Warm up 8 min

- 1 Minuut jumping jacks
- 1 minuut boksloop
- 1 minuut mountainclimbers
- 1 minuut squats
- 1 min lunges
- 1 min glute bridges
- 1 min push-ups
- 1 min inch worms

90 sec rust

Kracht 25 min;

- 5x5 deadlift 80%
- 5x5 glute bridge 80%
- Tabata jumpsquats

Metcon 25 min;

- AMRAP 10 min:
- 10 kettlebellswing
- 10 push-ups
- 10 ballslams
- 10 jumping lunges

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21-15-9 10 min

- Boxjumps
- Tuckjumps
- Burpees
- Sit-ups

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- 4 min mountainclimbers
- Everytime you stop, 5 burpees as a penalty

8min core

- 40/20 action/rest
- Short sit ups
- Plank
- Toe touches
- Plank
- Bicycle crunches
- Plank
- Scharen
- Plank