

Warming up - 5min

In de lucht

- Jab 10x rustig + 10x snel
- 16x lunges - vooruit 10x rustig + 10x snel
- Jab – Cross 10x rustig + 10x snel
- 16x lunges – achteruit 10x rustig + 10x snel
- Jab – Cross – L Hook 10x rustig + 10x snel
- 16x lunges – springend 10x rustig + 10x snel
- Jab – Cross – L Hook – Cross 10x rustig + 10x snel
- 16x lunges – springend

Techniek – 40min

- Jab – L Hook – R Lowkick 3min
- 10x Push ups - close
- Jab – Cross – L Lowkick 3min
- 10x Push ups – normaal
- L Lowkick Inside – Cross – L Hook – R Lowkick 3min
- 10x Push ups - wijd
- 10x Jab – Cross + 2x High Knee jump 1,5min
- Jab – Cross – Cross – L Roundhouse 4min
- 10x Squat jump + vasthouden
- Jab – B Cross – L Hook – R Roundhouse 4min
- 10x Lunge jump + vasthouden
- L Hook – R Knee – Cross – L Knee 4min
- 10x Burpee + vasthouden
- 10x Jab – Cross + 2x High Knee jump 1,5min
- Freestyle 3min
- Rust 1min
- Freestyle 3min
- 100x L + R Knie
- Sit Ups –lucht aantikken 45sec
- Plank- One arm L 45sec
- Sit Ups – kaars 45sec
- Plank – One arm R 45sec
- Sit Ups – enkels tikken 45sec
- Plank 45sec
- Sit Ups – V sit 45sec

Cooling down - 5min

- Stretch