

Warming up - 5min

In de lucht

- Jab – Cross – L Hook 10x rustig + 10x snel
- R + L Knee 3x 10 per been
- R Uppercut – L Hook - Cross 10x rustig + 10x snel
- R + L Roundhouse 3x 10 per been

- 10x squat
- 10x lunges
- 10x jump squat
- 10x jum lunges

Techniek – 40min

- Jab – R Roundhouse – Cross – Lever – R Lowkick 4min (oefenen)
- Op tel 3x 10x (full power)

- 10x Jab – Cross + 1x Burpee 10x

- Jab – Cross – L Lowkick – Cross – L Roundhouse 4min (oefenen)
- Op tel 3x 10x (full power)

- Freestyle 3min

- L Hook – R Knee – Jab – L Teep – R Highkick 4min (oefenen)
- Op tel 3x 10x (full power)

- 10sec Jab – Cross + 2x High Knee jump 1,5min

- Jab – L Hook – R Roundhouse – Cross – L Highkick 4min (oefenen)
- Op tel 3x 10x (full power)

- Freestyle 3min

- Plank op onder armen 1min
- Rust 15sec
- Plank Side L 1min
- Rust 15sec
- Plank Side R 1min
- Rust 15sec
- Plank gestrekte armen 1min

Cooling down - 5min

- Stretch