

Warming up - 5min

- 15 sec Boksloop + 5x squat + 5x push up + 5x sit up + 5x versnellen (4x)
- R + L Knee (in de lucht 3x 10 per been)
- R + L Roundhouse (in de lucht 3x 10 per been)

Techniek – 40min

- Jab – R Roundhouse – Fake R Knee – Cross – Lever – R Lowkick 4 min (oefenen)
- Op tel 3x 10x (full power)
- 10x Jab – Cross + 1x Burpee 10x
- Jab – Switch – R Hook – L Lowkick – L Cross – R Hook – L Roundhouse 4 min (oefenen)
- Op tel 3x 10x (full power)
- Freestyle 3 min
- Cross – L Hook – R Knee – L Teep – R Jumping Teep 4 min (oefenen)
- Op tel 3x 10x (full power)
- dubbele L B Hook + dubbele R B Hook + 2x High Knee jump 10x
- Jab – L Hook – R Highkick – Cross – Pull – Cross – L Highkick 4 min (oefenen)
- Op tel 3x 10x (full power)
- Freestyle 3 min
- 10 jump squats + 10 sit ups + 10 Push ups
- 8 jump squats + 8 sit ups + 8 Push ups
- 6 jump squats + 6 sit ups + 6 Push ups
- 4 jump squats + 4 sit ups + 4 Push ups
- 2 jump squats + 2 sit ups + 2 Push ups

Cooling down – 5 minuten

- Stretch