

### Warming up – 5min

- Shadowbox – Only punches 1,5min
- Squats 20x
- Shadowbox – Punches + lowkicks 1,5min
- Lunges – front 20x
- Shadowbox – Everything 1,5min

### Heavy bag – 40min

- Jab – Cross – Slip R – Cross 3min
- Jab – Cross – Slip R – Cross – L Hook – R Lowkick – R Knee 4min
- 100 stoten = 10x Jab – Cross 10x
  
- Suicide plank 30sec
- Mountain climbers 30sec
- V sit 30sec
- 3x
  
- Jab – Cross – L Hook – Slip L – L Hook 3min
- Jab – Cross – L Hook – Slip L – L Hook – R Knee – Cross – L RH 4min
- 100 stoten = 10x L Hook – R Hook 10x
  
- Push ups to side plank 30sec
- Mountain climbers - 2 benen 30sec
- Sit ups: Roeien 30sec
- 3x
  
- Jab – B Cross – Pull back – Cross 3min
- Jab – B Cross – Pull back – Cross – L Lowkick – Jab – R Highkick 4min
- 100 stoten = 10x L Uppercut – R Uppercut 10x
  
- Freestyle 3min
- Rust 1min
- Freestyle 3min

### Cooling down – 5min