

Kickboksen zaktraining Juliette

Warming up:

Do each exercise 15 seconden , repeat 4 times.

- Boksloop
- Knieen heffen
- Hakken billen
- Heupen draaien
- Squats
- Springende squats
- Lunges
- Springende lunges

Combinaties

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| ✓ Jab – Cross – Cross – Liver – R Lowkick | 3 min |
| ✓ Burpee's | 1min |
| ✓ Squat HOLD | 1min |
| ✓ Jab – Cross – L Hook- L Hook – Cross – L Body Kick | 3 min |
| ✓ Jab – cross | 1min |
| ✓ Sit Ups | 1min |
| ✓ Jab – Body Cross – Cross – L Hook – R Knee – R Body Kick | 3 min |
| ✓ Push ups | 1min |
| ✓ Cross lunges | 1min |
| ✓ Jab – L Hook – R Lowkick – Cross – L Lowkick | 3 min |
| ✓ Plank | 1min |
| ✓ Jump squats | 1min |
| ✓ Freestyle Only Boxing | 1min |
| ✓ Leg raises | 1min |
| ✓ Mountain climbers | 1min |
| ✓ Freestyle Only kicks | 1min |
| ✓ Bicycle crunch | 1min |
| ✓ Jab – cross & PushUp | 1min |
| ✓ Freestyle kickboks | 1min |
| ✓ Plank shoulder tap | 1min |
| ✓ Squat jump | 1min |
| ✓ Freestyle kickboks | 1min |