

Strength & conditioning Mayari & Juliette

Warming Up statisch:

30 seconde 8 oefeningen

- Squats
- Lunges vooruit
- Lunges achteruit
- Squat hold
- Walk out tot plank
- Push up
- Superman
- Glute Bridge

Intermezzo

10 times Worlds greatest stretch

Warming Up dynamisch:

30 seconde 8 oefeningen.

- Jumping Jacks
- Hoge knieën
- Hakken billen
- Jump squats
- Inch worms
- Mountain climbers
- Jump lunges
- Front & Back Jacks

Strenght part:

3 round x 15 reps

1. Back – Good morning, with barbell (or if you dont have it a backpack)
2. Legs – Squats, with barbell or Kettlebell (or if you dont have it a backpack)
3. Back & legs – Deadlift, with barbell or Kettlebell (or if you dont have it a backpack)
4. Total body – thrusters, with dumbbell (or if you dont have it bottles)

Bench sit exercise:

3 rondes

1. squat 10 x
2. squat hold 10 x
3. jump squat 10 x

AMRAP

As many rounds as possible in the given time.

6 min:

- 10 burpees (of 10 inch worms)
- 10 jumping jacks
- 10 jump squats
- 10 push ups

Tabatha:

20 seconds of work 10 seconds of rest, 8 rounds in total 4 minutes.

1. Work is Superman
2. Rest is Full Plank