

Workout of the day – Leg & Conditioning van Juliette

Warming Up

1 min each.

1. Squat side steps.
2. Sumo Squats
3. Hip Thrust
4. Single leg hip thrust, change leg after 30 sec
5. Half Plank
6. Squats
7. Lunges front and back
8. Supermans
9. Inch worms
10. Mountain climbers slow motion.

Supersets 3 sets van alles

1 A: Good morning 10 times heavy

1 B: 8 x Burpee

2 A: Squat with barbell or heavy kettlebell - hold 2 seconds at the bottom.

2 B: 8 x Jump squats

3 A: Elastiek pull – scapula pull

3 B: Deadlift heavy 10 x

4 A: Kettlebell Squat + press heavy 10 x

4 B: 8 x Box jumps

Finisher:

3 rounds

- 30 sit ups
- 15 dips
- 7 push ups