

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. Mountainclimbers slow motion

3 sets x 20 reps

- hyper extension

Supersets 3 sets van alles

1 A: 10 x Kettlebell Row (10 x L, 10 x R)

1 B: 12 x Kettlebell swing

2 A: 10 x Sumo goblet squat

2 B: 10 x Burpee to squat

3 A: 10 x Hip thrust Heavy

3 B: 20 x Booty band bench adductie

4 A: 10 Kettlebell step ups (10 x L, 10 x R)

4 B: 15 Slamm balls