

CARDIO & ABS



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|-----|----------------------------|------------------------------------|
| 1. | Rope jumping | 1 minuut |
| 2. | Moving plank + burpee jump | 10 herhalingen |
| 3. | Ab bikes | 32 aan elke kant |
| 4. | Doggy kicks | 15 x linkerbeen & 15 x rechterbeen |
| 5. | Sit up side crunch | 8 aan elke kant |
| 6. | Jump plie squats | 40 seconden |
| 7. | Side kick + floor touch | 16 aan elke kant |
| 8. | Leg raises | 15 herhalingen |
| 9. | Plank jacks | 30 herhalingen |
| 10. | Kiss my ass crunch | 23 herhalingen |
| 11. | Rope jumping | 1 minuut |
| 12. | Jumping jacks | 25 herhalingen |
| 13. | High knees | 25 seconden |
| 14. | Sit ups | 20 herhalingen |
| 15. | Side plank | 30 sec. aan elke kant |
| 16. | V-jumps | 12 aan elke kant |
| 17. | Stretching | diverse oefeningen |





