



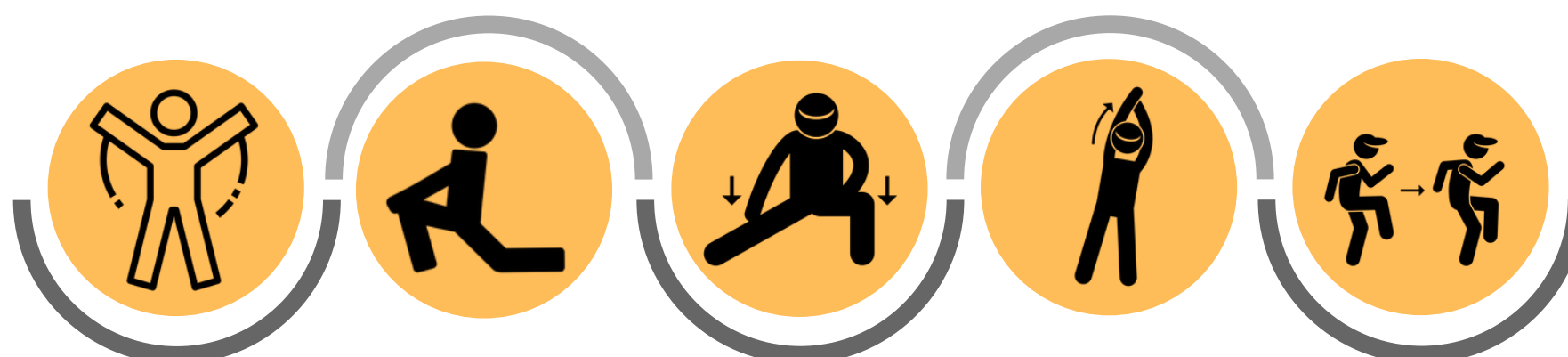
Beweegkaart

In 30 minuten fit je dag in!

Maand:

December / Januari

Warming Up
5 min.
3 rondes



Jumping Jack
10 x

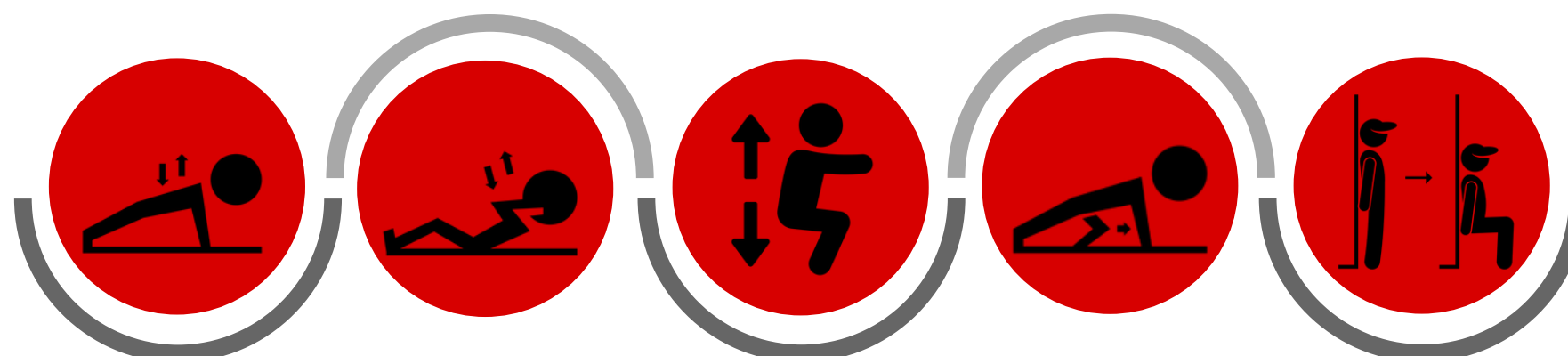
Lunge
Links 5 x
Rechts 5 x

Inner Leg Stretch
Links 10 sec.
REchts 10 sec.

Side Stretch
Links 10 sec.
Rechts 10 sec.

Knie Heffen
10 x

Workout
15 min.
3 rondes



Push Up
1. 10 x
2. 7 x
3. 5 x

Sit Up
1. 10 x
2. 7 x
3. 5 x

Squat
1. 10 x
2. 7 x
3. 5 x

Mountain Climbers
1. 20 x
2. 16 x
3. 10 x

Wall Sit
1. 45 sec.
2. 30 sec.
3. 20 sec

Cooling Down
5 min.
2 rondes



Arm Stretch
Links 6 sec.
Rechts 6 sec.

Child Pose
10 sec.

Hand Stretch
Links 6 sec.
Rechts 6 sec.

Knieën Naar Borst
10 sec.

Leg Pull
Links 6 sec.
Rechts 6 sec.

