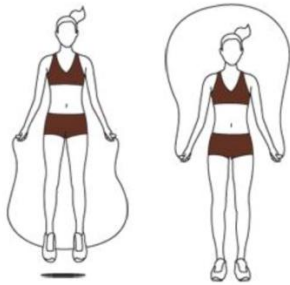


Week 1

Maandag:

Hardlopen 2,5 kilometer

Touwtjespringen 3 minuten door tot het einde!!!



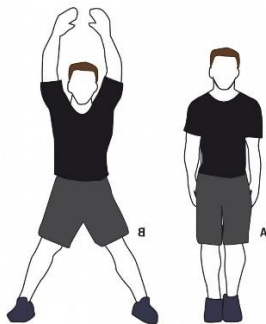
Dinsdag:

Rustdag

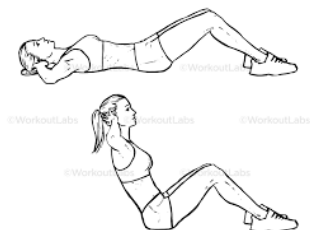
Woensdag:

hardlopen 3 kilometer

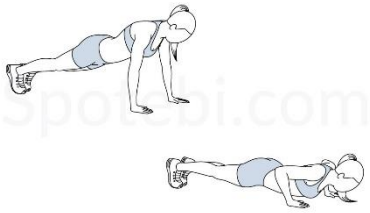
Jumping jacks 1 minuut



Sit ups 1 minuut



Push ups 1 minuut



Vrijdag

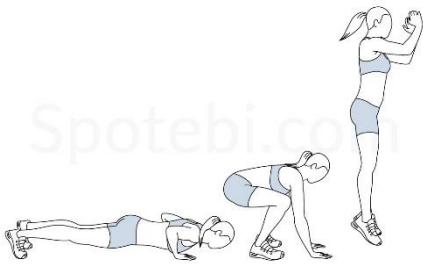
Rustdag

Zaterdag

Hardlopen 3 kilometer

Voluit sprinten 1 minuut

Burpees 10 keer



Zondag

Touwtjespringen 5 minuten

