

Full Body Work-Out at Home 2020.

Werkwijze.

kies uit elk van de 3 blokken 1 oefening. Doe elke oefening 30 sec intensief met 6 sec pauze voor de volgende oefening enz...

Oefeningen in het geel doe zowel links als rechts !!

3 oefeningen = 1 ronde - totaal 3 rondes !!!

BLOK 1 = Cardio.



Hak / bil - dribbel

Jumping jacks

Knie heffen

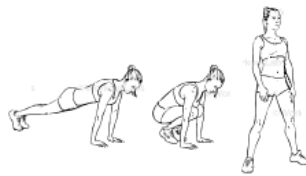
Navy seals



Jump squats



Rotatie jump



Burpee 1/2



Low jumps

BLOK 2 = Benen & Bov. lichaam.



Body squat



Push ups



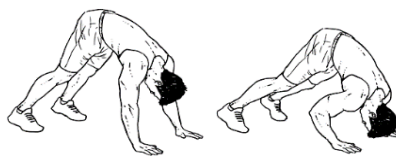
Lunges (achter)



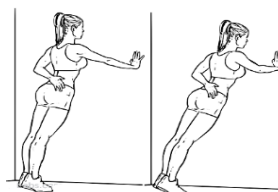
Pelvis bridge



Low squat



Body - Shoulder press



Single arm wall push up

BLOK 3 = Core & Buikspieren.



Crunches



Heel touch



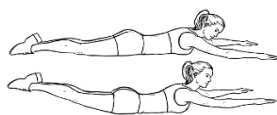
Plank



Superman



Mountain climb



Hyper ext



Knee up



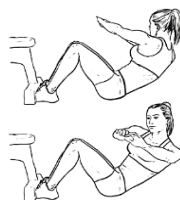
Double crunch



Zij-plank



Leg raises



Russian twist



Schaar - A/sym

Succes met je work-out en blijf in beweging !!

Team Squash Haarlem.