

THUISOEFENINGEN HIIT THUISTRAINING

1 oefeningen 13 minuten 150 MOVES 75 kcal

1 - Circuit - Circuit 1

5 oefeningen 3 Ronden 60 sec Ronde rusttijd

1 - Vrije oefening - Squat sprong



R1 30 sec x 10 sec
R2 30 sec x 10 sec
R3 30 sec x 10 sec

2 - Vrije oefening - Mountain climber



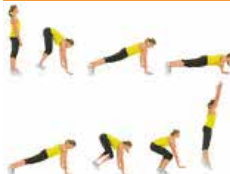
R1 30 sec x 10 sec
R2 30 sec x 10 sec
R3 30 sec x 10 sec

3 - Vrije oefening - Knieheffen



R1 30 sec x 10 sec
R2 30 sec x 10 sec
R3 30 sec x 10 sec

4 - Vrije oefening - Burpee



R1 30 sec x 10 sec
R2 30 sec x 10 sec
R3 30 sec x 10 sec

5 - Vrije oefening - Split sprong - afwisselend



R1 30 sec x 10 sec
R2 30 sec x 10 sec
R3 30 sec x 10 sec