

## THUISOEFENINGEN CORE & CARDIO TRAINING

4 oefeningen 27 minuten 345 MOVES 175 kcal

### 1 - Vrije oefening - Romp rotatie - staand



30 Herh. x 30 sec  
30 Herh. x 30 sec  
30 Herh. x 30 sec

### 2 - Vrije oefening - Jack knife



10 Herh. x 30 sec  
10 Herh. x 30 sec  
10 Herh. x 30 sec

### 3 - Vrije oefening - Plank - arm heffen



10 Herh. x 30 sec  
10 Herh. x 30 sec  
10 Herh. x 30 sec

*High To Low Plank! 5x L dominant! 5x R dominant!*

### 4 - Circuit - Circuit 1

3 oefeningen 3 Ronden 60 sec Ronde rusttijd

#### 1 - Vrije oefening - Jumping jack



R1 30 sec x 1 sec  
R2 30 sec x 1 sec  
R3 30 sec x 1 sec

#### 2 - Vrije oefening - Knieheffen



R1 30 sec x 1 sec  
R2 30 sec x 1 sec  
R3 30 sec x 1 sec

#### 3 - Vrije oefening - Mountain climber



R1 30 sec x 1 sec  
R2 30 sec x 1 sec  
R3 30 sec x 1 sec