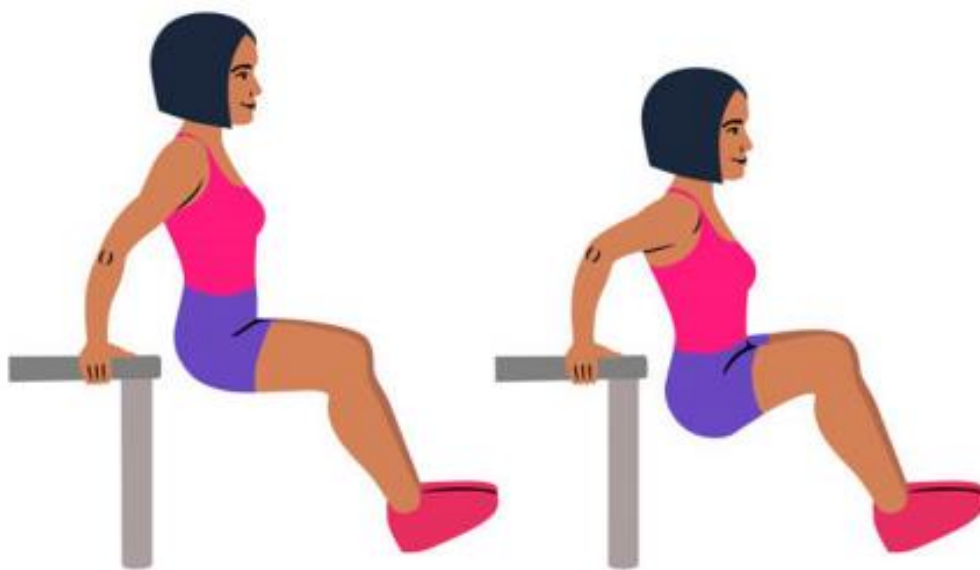


10 x Op de bank
stappen



10x tricep dips



BENCH TRICEP DIPS

20 x Springen:



10x sit ups



20x jumping jacks



JUMPING JACKS

30 seconden planken



of

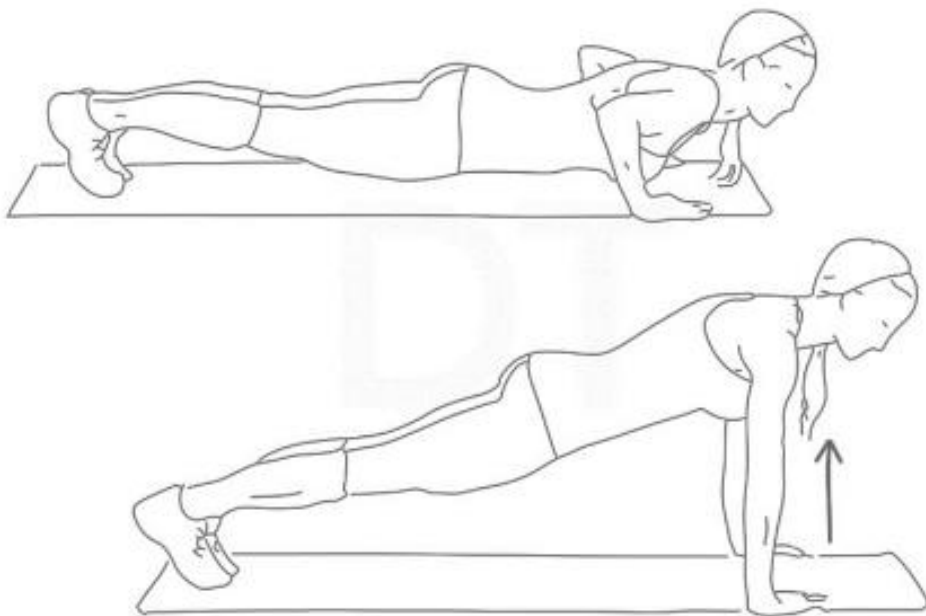


20x kikker sprongen

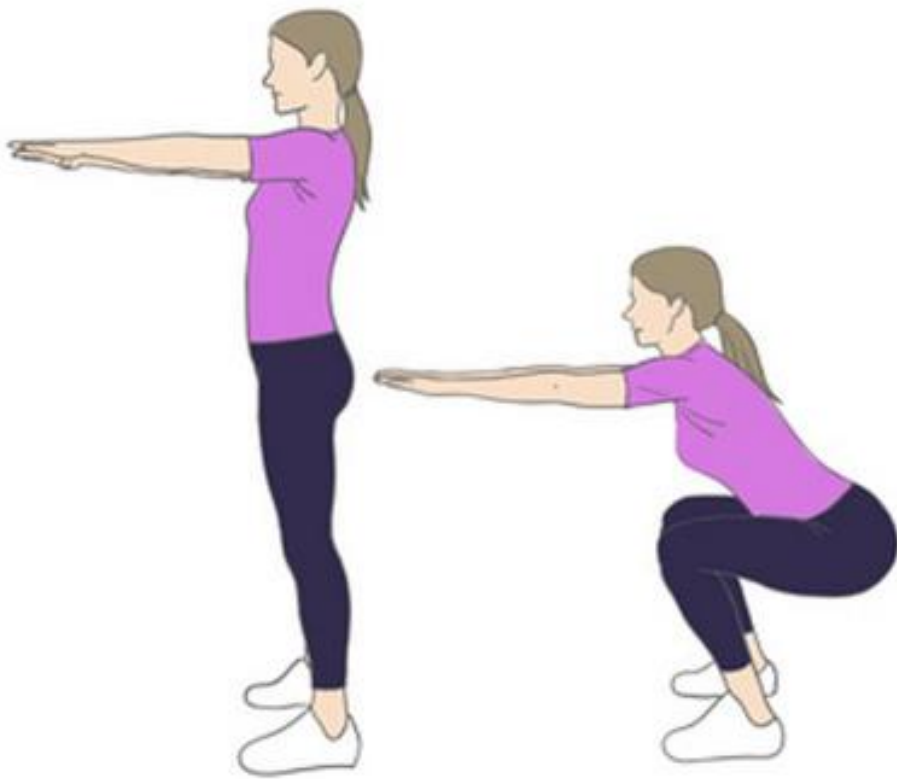


FROG JUMPS

10x Opdrukken



15x Squats



20x Knie heffen



20x Hakken billen



10x Glute bridge



10x Buikspieren



15x Arm oefening



10x Jump Squats



30 seconden Wall sit



