

# Bodyweight circuit 1

**CIRQUIT TRAINING (2-3 X PER WEEK)  
HERHAAL DIT VOOR DE REST VAN DE MAAND EN  
VERHOOG DE INTENSITEIT DOOR VORM/RUST/REPS  
AMRAP = ZOVEEL MOGELIJK HERHALINGEN**

**OEFENING 1: PUSH-UPS NORMAL (AMRAP)  
OEFENING 2: JUMPING JACKS (30 REPS)  
OEFENING 3: BODYWEIGHT SQUAT (30 REPS)**

**120 SECONDEN RUST**

**OEFENING 1: PUSH-UPS INCLINE (AMRAP)  
OEFENING 2: TRICEPS DIPS ON CHAIR (AMRAP)  
OEFENING 3: BICYCLE CRUNCHES (AMRAP)**

**DON'T WORRY**

**120 SECONDEN RUST**

**OEFENING 1: BODYWEIGHT SQUAT (30 REPS)  
OEFENING 2: STANDING CALF RAISES (AMRAP)  
OEFENING 3: WALL SIT (30-60 SEC)**

**120 SECONDEN RUST**

**OEFENING 1: SHADOW BOXING (60 REPS)  
OEFENING 2: JUMPING JACKS (30 REPS)  
OEFENING 3: BURPEES(10 REPS)**

**120 SECONDEN RUST**

**OEFENING 1: NORMAL AB CRUNCH (20 REPS)  
OEFENING 2: LEG RAISES (10 REPS)  
OEFENING 3: PLANK (AMRAP)**