

Bodyweight circuit 2

**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: POMPHOUDING SHOULDER-TAPS (10 REPS)
OEFENING 2: SUPERMAN (20 REPS)
OEFENING 3: PLANK (AMRAP)**

120 SECONDEN RUST

**OEFENING 1: BODYWEIGHT SQUATS (30 REPS)
OEFENING 2: HIGH KNEES (AMRAP)
OEFENING 3: LUNGES (30 REPS)**

DON'T WORRY

120 SECONDEN RUST

**OEFENING 1: TRICEPS DIPS ON CHAIR (AMRAP)
OEFENING 2: DONKEY KICKS (30 REPS)
OEFENING 3: GLUTE BRIDGE 30 REPS)**

120 SECONDEN RUST

**OEFENING 1: SHADOW BOXING (60 SEC)
OEFENING 2: JUMPING JACKS (30 REPS)
OEFENING 3: MOUNTAIN CLIMBERS (30 REPS)**

120 SECONDEN RUST

**OEFENING 1: DECLINE PUSH-UPS (AMRAP)
OEFENING 2: CHEST SQUEEZES (30 SEC)
OEFENING 3: PLANK ROTATIONS (20 REPS)**