

Filmpjes van Personal Trainer Lil:

<b>HIIT WorkOut 1</b>	<b>HIIT WorkOut 2</b>	<b>HIIT WorkOut 3</b>	<b>HIIT WorkOut 4</b>	<b>HIIT WorkOut 5</b>
Jumping Jack Mini Squat Lage Plank Lunge Dippen Jump Squat Step	Mountain Climber Sumo Squat Plank Side Walk Back Bow Jump Lunge Walk Out	Side Knee Tuck Rechts Side Knee Tuck Links Plank Spider Modified Burpee Side Lunge Low Jack Flutter Kicks	Sprint Superman Plank Prison Squat Knee Stand Up Push Up Burpee	

\* 3, 4 of 5 rondes uitvoeren, alle oefeningen 30 sec met 10 sec rust of 40 sec met 15 sec rust

Mijn eigen mix:

<b>WorkOut MR1</b>	<b>WorkOut MR2</b>	<b>WorkOut MR3</b>
Sprint Squat Lage Plank Lunge Dippen Low Jack Flutter Kicks	Side Knee Tuck Rechts Side Knee Tuck Links Sumo Squat Lage Plank Side Lunge Push Up Back Bow	Mountain Climber Mini Squat Lage Plank Knee Stand Up Dippen Low Jack Flutter Kicks