

WEEK	12
GOAL TRAINING	Fit and health
TRAININGSVORM	strength and endurance
TRAINING METHODS	Amrap
FULLBODY OR SPLIT	Fullbody



AMRAP TIME CAP 10 MINUTES.

10 AIRSQUATS

10 SIT-UPS

10 LUNGES

10 PUSH-UPS

HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 10 MINUTES? (Send answer to PT-HAARLEM)

Air squats (knee joint 90g, full extension at the top).

Sit-ups (knees up, feet on floor, al the way up and down.

Lunges (voorward step, 90g in knee joint).

Push-ups Man from feet, female from knee, iff needed.

