

WEEK	13
GOAL TRAINING	Fit and health strength and endurance
LEVEL WORKOUT	MEDIUM
TRAINING METHODS	AMRAP
FULLBODY OR SPLIT	Fullbody



## **AMRAP TIME CAP 10 MINUTES.**

**10 LUNGES FORWARD**

**12 HIP BRIDGE**

**14 SIT-UPS**

**16 JUMPING JACKS**

**HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 15 MINUTES? (Send answer to PT-HAARLEM)**

- Befor you start do a warm-up.
- check videau info before start.

