|  |  |
| --- | --- |
| **WEEK** | **15** |
| **GOAL TRAINING** | **FIT AND HEALTH**  |
| **LEVEL WORKOUT** | **MEDIUM/HARD** |
| **TRAINING METHODS** | **AMRAP** |
| **FULLBODY OR SPLIT** | **Fulldbody**  |

**

FROM 12 REPS TO 0 TIME CAP 12 MINUTES
LUNGES FORWARD
SIT-UPS
FLOOR TOUCH AND JUMP
PUSH-UP SHOULDER TAPS

HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 12 MINUTES? OR HOW MANY TIME YOU HAD LEFT?!
ALL MOVEMENTS FIRST 12 REPS THEN 11 REPS THEN 10 REPS UNTIL 0.
(Send answer to PT-HAARLEM)
-check video info before start and do a proper warm-up before you start the workout of the wee**