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

**A picture containing food

Description automatically generated  
  
  
  
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**