

**WEEK** 17  
**GOAL TRAINING** FIT AND HEALTH FULLBODY  
**TRAINING METHODS** AMRAP



## **AMRAP - TIME CAP 12 MINUTES**

- 1 PUSH-UPS (vrouwen mogen vanaf de knieen)**
- 1 LUNGES FORWARDS L+R=1**
- 1 SIT-UP**
- 1 FLOOR TOUCH AND JUMP** (deadlift posture)

**ADD EVERY ROUND 1 REPETITION TO EACH EXERCISE**

**HOW MANY REPS CAN YOU MAKE IN FOLLOWD ORDER IN 12 MINUTES?**

**(Send answer to PT-HAARLEM)**

**-check video info before start and do a proper warm-up before you start the workout of the wee**

