**PROGRAMMA 4.1
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

2 SETS / 7,7,7 REPS / 60 SECONDEN RUST

 **AMRAP (10 MINUTES)**

**10 BODYWHEIGT LUNGES FORWARDS**

**10 DIPS BEHIND THE BACK**

**10 HIP BRIDGE**

**10 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.2
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

2 SETS / 8,8,8 REPS / 60 SECONDEN RUST

 **AMRAP (10 MINUTES)**

**12 BODYWHEIGT LUNGES FORWARDS**

**12 DIPS BEHIND THE BACK**

**12 HIP BRIDGE**

**12 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.3
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

3 SETS / 5,5,8 REPS / 60 SECONDEN RUST

 **AMRAP (11 MINUTES)**

**10 BODYWHEIGT LUNGES FORWARDS**

**10 DIPS BEHIND THE BACK**

**10 HIP BRIDGE**

**10 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.3
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

3 SETS / 6,6,6 REPS / 60 SECONDEN RUST

 **AMRAP (11 MINUTES)**

**12 BODYWHEIGT LUNGES FORWARDS**

**12 DIPS BEHIND THE BACK**

**12 HIP BRIDGE**

**12 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.4
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

3 SETS / 7,7,7 REPS / 60 SECONDEN RUST

 **AMRAP (12 MINUTES)**

**10 BODYWHEIGT LUNGES FORWARDS**

**10 DIPS BEHIND THE BACK**

**10 HIP BRIDGE**

**10 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.5
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

3 SETS / 8,8,7 REPS / 60 SECONDEN RUST

 **AMRAP (12 MINUTES)**

**12 BODYWHEIGT LUNGES FORWARDS**

**12 DIPS BEHIND THE BACK**

**12 HIP BRIDGE**

**12 LEG RAISES OF LEG KICKS**

**PROGRAMMA 4.6
SINGLE SETS 21e & AMRAP

WARMING-UP DYNAMISCH**

 **SINGLE SETS 21E
SQUATS
PUSHUPS
TRICEP KICK BACK (WATERFLES)**

**SIDE RAISES (WATER FLES)**

3 SETS / 9,9,7 REPS / 60 SECONDEN RUST

 **AMRAP (12 MINUTES)**

**12 BODYWHEIGT LUNGES FORWARDS**

**12 DIPS BEHIND THE BACK**

**12 HIP BRIDGE**

**12 LEG RAISES OF LEG KICKS**