**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**