**WORKOUT 1**

**CONDITIONING SINGLE SETS ON TIME**

ROPE JUMPS ON TIME

4X40/30

PUSH-UP WALK-OUT ON TIME

4x30/30

ASSAULT BIKE 30 CALORIEEN

**WEIGHTLIFTING**

PVC PROGRAM 1.1

**GYMNASTICS SINGLE SETS ON TIME**

4X30/60

PUSH-UP

STRIKT PULL-UPS

DIPPEN

L-SIT ONE TIME 4×10/45

**WORKOUT 2**

**CONDITIONING SINGLE SETS ON TIME**

ROPE JUMPS ON TIME

4X50/30

BOX JUMPS ON TIME

4x30/30

ASSAULT RUNNING 30 CALORIEEN

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS SINGLE SETS ON TIME**

4X34/60

PUSH-UP

STRIKT PULL-UPS

DIPPEN

BAR L-SIT ON TIME 4X 12/40

**WORKOUT 3**

**CONDITIONING SINGLE SETS ON TIME**

ROPE JUMPS ON TIME

4X60/30

BURPEES ON TIME

5x30/30

ASSAULT SKIERG 30 CALORIEEN

**WEIGHTLIFTING**

PVC PROGRAM 1.3

**GYMNASTICS SINGLE SETS ON TIME**

4X38/60

PUSH-UP

STRIKT PULL-UPS

DIPPEN

L-SIT ON TIME 4X 14/40

**WORKOUT 4**

**CONDITIONING SINGLE SETS ON TIME**

DUBBEL UNDER ROPE JUMPS ON TIME

5X40/30

BOX OVER JUMPS ON TIME

5X30/30

ASSAULT BIKE 40 CALORIEEN

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTICS SINGLE SETS ON TIME**

5X30/60

PUSH-UP

STRIKT PULL-UPS

L-SIT ON TIME 4X 16/45

**WORKOUT 5**

**CONDITIONING SINGLE SETS ON TIME**

DOUBLE UNDER ROPE JUMPS ON TIME

5X50/30

WALLBALL ON TIME

46x30/30

ASSAULT RUNNING 40 CALORIEEN

**WEIGHTLIFTING**PVC PROGRAM 1.5

**GYMNASTICS SINGLE SETS ON TIME**

5X35/60

PUSH-UP

STRIKT PULL-UPS

DIPPEN

L-SIT ON TIME 4×18/45

**WORKOUT 6**

**CONDITIONING SINGLE SETS ON TIME**

DOUBLE UNDER ROPE JUMPS ON TIME

5X60/30

BURPEE OVET BOX JUMPS ON TIME

6x30/30

ASSAULT SKIERG 40 CALORIEEN

**WEIGHTLIFTING**

PVC PROGRAM 1.6

**GYMNASTICS SINGLE SETS ON TIME**

5X40/60

PUSH-UP

STRIKT PULL-UPS

DIPPEN

L-SIT ON TIME 5×10/45