

Dagelijkse workout voor 28 dagen

Februari

Dag 1 15x Leg raise 20x Lunge 20x Crunch 20 sec. S Hoover	Dag 2 20x Crunch 20x Rus twist 24x Lunge	Dag 3 25 sec. S Hoover 24x Lunge 24x Rus twist 18x Leg raise	Dag 4 RUST	Dag 5 20x Leg raise 28x Lunge 25x Crunch 25 sec. S Hoover
Dag 6 25x Crunch 22x Rus twist 55x Lunge	Dag 7 30 sec. S Hoover 32x Lunge 26x Rus twist 20x Leg raise	Dag 8 RUST	Dag 9 24x Leg raise 36x Lunge 25x Crunch 30 sec. S Hoover	Dag 10 25x Crunch 30x Rus twist 40x Lunge
Dag 11 35 sec. S Hoover 44x Lunge 30x Rus twist 33x Leg raise	Dag 12 RUST	Dag 13 35x Leg raise 48x Lunge 25x Crunch 35 sec. S Hoover	Dag 14 30x Crunch 35x Rus twist 52x Lunge	Dag 15 40 sec. S Hoover 56x Lunge 38x Rus twist 38x Leg raise
Dag 16 RUST	Dag 17 40x Leg raise 60x Lunge 30x Crunch 40 sec. S Hoover	Dag 18 35x Crunch 40x Rus twist 64x Lunge	Dag 19 40 sec. S Hoover 68x Lunge 42x Rus twist 42x Leg raise	Dag 20 RUST
Dag 21 45x Leg raise 72x Lunge 40x Crunch 45 sec. S Hoover	Dag 22 40x Crunch 45x Rus twist 76x Lunge	Dag 23 40 sec. S Hoover 80x Lunge 47x Rus twist 47x Leg raise	Dag 24 RUST	Dag 25 50x Leg raise 84x Lunge 45x Crunch 50 sec. S Hoover
Dag 26 45x Crunch 50x Rus twist 88x Lunge	Dag 27 55 sec. S Hoover 92x Lunge 55x Rus twist 55x Leg raise	Dag 28 RUST	Dag 29 55x Leg raise 96x Lunge 50x Crunch 60 sec. S Hoover	Dag 30 60x Crunch 55x Rus twist 100x Lunge



Crunch



Side hoover



Russian twist



Leg raises



Lunges