### **Max Push-up .**

**In deze ronde laten we al die lastige houdingen even achter ons. En we focussen ons op push-ups. Hoeveel kun jij er nu nog doen?** [pause strong]

**Heel simpel.**

Doe zoveel mogelijk push-ups in 1 set. Dit mag op de tenen of op de knieën, maar daag jezelf uit![pause weak]  
Noteer het aantal – dit wordt je benchmark.

Hier krijg je in totaal 3 minuten de tijd voor zoals bij elke ronde. Neem dus goed de tijd om je spieren weer tot rust te laten komen.

[pause strong] [pause strong]  
[Onthoud,..]   
[pause strong] [pause strong]

ben je er klaar voor? In 3[pause weak] 2[pause weak] 1[pause weak] start.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

[pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong]

[pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

[pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong]

[pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]