### **Push-up Variatie. In deze ronde gaan we beginnen met het opdrukken van ons eigen lichaamsgewicht. Je kunt 4 verschillende variaties kiezen. Wees eerlijk welke variatie bij jouw niveau hoort. Hier zijn ze.**[pause strong]

**Starter**.[pause strong] Push-ups tegen een bank of een muur.[pause weak] (3 keer tot uiterste).[pause strong]

**Beginner**.[pause strong] Push-ups op knieën.[pause weak] (3 keer tot uiterste).[pause strong]

**Gemiddeld**.[pause strong] Klassieke push-ups.[pause weak] (3 keer tot uiterste).[pause strong]

**Gevorderd**.[pause strong] typemachine push-ups. bij deze oefening breng je meer gewicht op 1 hand. De andere arm raakt enkel met de vingertoppen de grond.[pause weak] (3 keer tot uiterste).[pause strong]

[pause strong]

Maak je klaar om jouw gekozen oefening uit te voeren. 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. Het is echt niet erg als je in de ronde een variatie lager kiest. Dat mag altijd.

[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] Lekker bezig! nog anderhalf minuut te gaan. Denk eraan om je ellebogen langs je lichaam te houden tijdens de push-up.[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] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

Super goed gedaan, je zult zien dat er gauw verbetering in komt wanneer je dit regelmatig doet. Laten we doorgaan.[pause strong] [pause strong]