Vandaag gaan we je meenemen door een volledige **12-minuten vetverbrandende workout** van begin tot eind om je meteen in vorm te krijgen.

En we gaan niet alleen een hoop calorieën verbranden, we gaan ook onze buikspieren versterken én spieren opbouwen door het hele lichaam. Zo zie je er niet alleen beter uit, maar voel je je ook beter én presteer je beter. De spieruithouding en conditie die je opdoet met deze routine dragen bij aan al je andere trainingen en lifts. Je wordt dus sterker, meer gespierd en je zult veel sneller resultaat zien.

Smash die like-knop voor extra motivatie, en dan gaan we beginnen!

Je hebt **geen apparatuur** nodig. Deze routine bestaat uit oefeningen die perfect zijn voor beginners. Wat deze routine uitdagender maakt, is **de intensiteit waarmee je elke oefening uitvoert**. Kies dus je eigen tempo. Als je moe wordt en moet vertragen, is dat oké – maar probeer niet te stoppen. Bewaar dat voor de pauzes.

We doen elke oefening **45 seconden met 15 seconden rust** ertussen.

### 

### **Oefening 1. In & Outs (Open & Dicht springen in push-up positie).**

Ga op de handen in een push-up positie staan. spring in en spring uit en blijf bewegen. [Ben je er klaar voor? In](http://opwarmen.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]

Reguleer je ademhaling en bouw een ritme op. We zijn nog aan het [opwarmen.](http://opwarmen.in)

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

Goed gedaan. We houden een snel tempo aan.

### 

### **Oefening 2. Knieheffingen liggend.**

Ga op je rug liggen, breng je knieën omhoog en strek daarna je benen uit. [Ben je er klaar voor? In](http://opwarmen.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]

Wil je het moeilijker maken? Houd je handen naast je lichaam. Span je buik aan.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

**Top!**[pause weak] **Onthoud.** Als je vaak moet stoppen, geen probleem. Hoe vaker je dit doet, hoe sterker je wordt. Het is een reis – je hoeft niet perfect te zijn op dag 1. [pause weak]

Gaan we door.

### **Oefening 3. Plank – Knie naar elleboog.**

Neem plankpositie aan op je ellebogen. Breng je knie naar je elleboog, afwisselend links en rechts. [Ben je er klaar voor? In](http://opwarmen.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]

Focus op **de kwaliteit** van de beweging, niet het aantal herhalingen.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

Goed gedaan! Gaan we direct door.

### **Oefening 4: Jumping Jacks.**

Sta op, blijf in beweging, spring en zwaai. Span je core aan, houd het tempo hoog. [Ben je er klaar voor? In](http://opwarmen.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]

Denk eens aan **waarom** je dit doet tijdens een workout – dat geeft motivatie om niet op te geven.

[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]

Laatste 5 seconden. [pause strong]3[pause weak] 2[pause weak] 1.[pause weak]

### Lekker bezig! Niet opgeven.

### **Oefening 5: Burpies.**

Een totale lichaams killer! Is dit te moeilijk? Laat de sprong of push-up achterwege. [Ben je klaar voor de Burpies? In](http://opwarmen.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]

Kies jouw versie, maar geef alles.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

echt knap! ga zo door.

### 

### **Oefening 6: Bicycle Crunches.**

Ga op je rug liggen, handen achter het hoofd. De elleboog gaat naar de tegenovergestelde knie. [Ben je er klaar voor? In](http://opwarmen.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]  
 Strek het andere been volledig uit. Werk die schuine buikspieren!

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

Super goed! je hebt de smaak te pakken.

### 

### 

### **Oefening 7: Plank – Heupen naar links en rechts.**

Plankpositie. Breng je heup naar links, dan naar rechts. [Ben je er klaar voor? In](http://opwarmen.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]

Volledige beweging, geen halve reps.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

Hou Vol! We zijn er bijna. Ga rechtop staan.

### **Oefening 8: High Knees.**

op een snel tempo knieën tikken. [Ben je er klaar voor? In](http://opwarmen.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]

Houd dat tempo hoog, knieën omhoog, buik aangespannen.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

**Vet verbranden = buikspieren zichtbaar maken.** Combineer vetverbranding met spieropbouw!

Door naar de volgende.

### **Oefening 9: Oblique Mountain Climbers.**

Begin in plankpositie op je handen. De knieën trekken we schuin omhoog richting de ellebogen – twist erbij! [Ben je er klaar voor? In](http://opwarmen.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]

Werk die obliques. Je tempo bepaal je zelf, maar **niet stoppen**.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

Zo gaat het goed. kom op.

### **Oefening 10: Russian Twists.**

Ga zitten achterop je staartbeen, benen omhoog. Tik links en rechts de vloer aan met beide handen. [Ben je er klaar voor? In](http://opwarmen.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]  
  
Te zwaar? Buig je knieën. Houd die core aangespannen!

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak]

### **Oefening 11: Plank – Wisselende teenaanraking.**

Begin in een Push-up positite. Raak met één hand de tegenovergestelde teen aan en wissel dan om van hand. [Ben je er klaar voor? In](http://opwarmen.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]

Houd je rug recht en core aangespannen.

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak].   
  
Mooi. De laatste oefening. ga rechtop staan.

### **Oefening 12: Butt Kicks.**

Breng je hielen naar je billen en houd het tempo hoog. [Ben je er klaar voor? In](http://opwarmen.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]

Squeeze die core. Alles geven!

[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]

Laatste 5 seconden. [pause strong] 3[pause weak] 2[pause weak] 1.[pause weak].

## 

## **Klaar!**

In slechts **12 minuten** heb je een complete **vetverbrandende en ab-shredding workout** gedaan.

Je wordt niet alleen gespierder, maar ook écht sterker. En dat ga je merken in al je andere trainingen en sporten. Je ontwikkelt kracht, uithoudingsvermogen en controle.**:**

Als je deze routine zwaar vond: **hou vol**. Hoe vaker je het doet, hoe beter je wordt. Op een gegeven moment vlieg je er doorheen. En dan zie je pas echt hoeveel vooruitgang je geboekt hebt.

Vond je deze workout leuk? Smash dan die like-knop.

**Abonneer** op het kanaal, zet meldingen aan, zodat je geen enkele workout mist.

Blijf Sterk, Blijf Foxing Fit.

Laatste woorden.

We posten elke maandag om 10:00 (Eastern Time, VS).

Download de **Thenx-app** voor deze routine, plus toegang tot alle workout-programma’s, skill guides (zoals full planche, handstand, muscle-up) en meer follow-along workouts.

**Word lid van de wereldwijde Thenx-community** en word de beste versie van jezelf.

Nu we bezig zijn met vet verbranden en die six-pack bouwen, check ook de **complete beenworkout** die je thuis kunt doen om stevige, gespierde benen te krijgen.

Tot daar – veel liefde,  
 **Peace out.** ✌️

Laat me weten of je hier een PDF of printbare versie van wilt!

What's up, Thenx athletes. It's Chris Heria. Today, I'm going to be taking you through a complete 12-minute fat burning workout from start to finish to get you shredded right now. And not only are we going to be burning tons of calories, we'll also be building and strengthening our abdominals as well as the muscles throughout our entire body, having you not just looking good, but feeling and performing better. As the muscle endurance and stamina gains from this routine will transfer over into all your other workouts and lifts, making you a lot more stronger, way more shredded, and seeing results way faster. So if you're ready to get started, all you have to do is download the Thenx app in the App Store or Google Play Store, or just hit the link down in the description below. Open up to the YouTube workout section. You should be able to find this routine. Smash the like button on this video for some extra motivation and we are ready to get started. We're not going to need any equipment at all. And this routine is made of exercises that are perfect for beginners, but effective enough to get results fast, regardless of your fitness level. What's going to make this routine more advanced and more difficult is the intensity at which you do each exercise. So choose your own pace. If you start feeling fatigued and you need to slow down, go ahead and do so, but really try not to stop. Save that for the break. We're going to do each exercise 45 seconds with a 15 second rest in between. So let's bring it down to the ground. The first exercise is going to be in and outs, open and close. We're going to take a pushup position. We're going to lift up in, jump out, bulk it, and then close. Keep it moving. Now you want to regulate your breathing and control your pace. Right now we're just warming up. So we're building a rhythm. Last 10 seconds. Five, four, three, two, and one. All right, one of my favorite exercises. Moving on, we're going to keep attacking our abs from a different angle and position. This time we're going to lay down on the ground. Make sure that we're hitting all the areas of our abdominals, whoever laying knee raises. So you want to bring your knees up and then bring the back straight out. If you want to make it more difficult, put your hands by your sides. Squeeze your core. Regulate your breathing. Remember, you want to put your own pace. If you're feeling fatigued, just go really slow. Last 10 seconds. Five, four, three, two, and one. All right, let's go ahead and shake that off. Stretch that out. If you find yourself stopping a lot, don't worry. The more you do this, the stronger you're going to get. Remember, this is a journey. You don't have to be perfect the first time to try this, but the more you do it, we get stronger and stronger. Now coming up next, we have a new plank knees to elbow. So let's get for plank position. We're going to bring our knees up to the elbow and alternate. Now remember, we're doing this all for time, so I want you to focus on how well we're doing each move rather than how many of those we do. Focus on the quality versus the quantity. There's no magic number that's going to get you to a specific goal, but if you do every exercise with quality, perfect form, you're going to see way more results for the same amount of effort. Last 10 seconds. Five, four, three, two, and one. All right, let's stretch that out. As you can see, every exercise, we're switching off the angle to make sure that we're getting a complete abdominal workout and so we can continue to work past our fatigue. You may get too tired in one specific position. That's why we're standing up now and moving into jumping jacks. Squeeze your core. Keep that heart rate up. All right, let's keep it going. Stay this way. Remember why you're doing all this. Last 10 seconds. Five, four, three, two, and one. There you have it. I love to think about why I'm doing this while I'm doing my workouts to give me that motivation not to quit. Now, coming up next, we have a total body killer. One of my favorite exercises, the burpee. Now, burpees are too difficult for you or if you get fatigued, you can always do them without the jump or without the pushup or without both. Choose your progression. Let's go for it. Five, four, three, two, and one. Stay sharp, almost there. Five, four, three, two, and one. There you have it. We're gonna switch it up again. Bring it back down to the floor. Just in case you're feeling fatigued on your feet, switch up your position. We're gonna lay down on the loads of bicycles, hands on your head, switch one knee to elbow, and then switch the other knee to the other elbow. Switch the other knee to the other elbow. Switch the other knee to the other elbow. Switch the other knee to the other elbow. Switch to elbow and keep the guard. Squeeze your core. Then reel and charge to work those obliques. Completely extend that leg. Remember, it doesn't matter how fast you're going. Go at your own pace. Everybody is gonna be a different fitness level. If you feel it's good, pick up the pace. If you feel really fatigued, go slow, but do not stop. Last 10 seconds. And five, four, three, two, and one. All right, stretch that out. We're flying through this. We're officially halfway done with this workout routine. Next exercise is gonna be another different angle, plank side to side. So let's get into a plank position. All right, let's get into a plank position. We're gonna bring one hip down to one side, one hip down to the other side. Keep your core tight. Go for a full 45 seconds. Make sure each hit gives a full range of motion to one side, and then the other side. You don't want to cheat yourself. 10 seconds, 5, 4, 3, 2, and 1. All right, you may be feeling a bit fatigued on the ground, so we're going to speed it up again. Start burning more calories with some high knee tasks. As you notice, we're doing a lot of fat burning mixed in with abdominal exercises. If you want your abdominals to show and be shredded, you have to have a low body fat percentage. Burn a lot of calories, burn a lot of fat. It's a great combination with building your abdominal muscles. Let's go for high knee tasks. Bring those knees up. Squeeze your core. Keep it moving. You're halfway there. 5 seconds, 3, 2, and 1. Woo! Now you definitely have that heart rate up. We're burning fat, keeping our abs more visible, making them stronger and more defined. Coming up next is one of my favorites for fat burning and sculpting your abdominals. That's switching out to climbers. We're going to get back down on the ground. This one really works our obliques as well. We're going to walk. You want to bring your knees to the side, go back, knees to the side. Now with your old pace, just make sure to twist so that we're really working our obliques as well. Really pace yourself. Remember, if you're feeling fatigued, you can go ahead and slow down, but do not stop. Stay strong. The more you do this, the easier it's going to get. You're going to be able to fly through the whole routine. Last 10 seconds. 5, 4, 3, 2, and 1. All right. Swinging now onto our backs. We're going to bring it back to a seated position for Russian twists, an abdominal exercise that's been proven to work. We've been using it for years on this channel to build our six-pack abs. Here, we'll bring our legs up, touch one side, I'll touch the other side. Engage your core, keep your feet tight together. If this is too difficult, you can always bend your knees. Everyone else, keep those legs straight. Now stay strong. We can just have two more exercises after this. All right, we're halfway there. Squeeze your abdominals, lean back, keep those legs up. Last 10 seconds. 5, 4, 3. two, and one. All right, and this is gonna be now the last time we're gonna go back into a plank position. We're gonna go into a plank, alternating toe taps. Another exercise that we've been using for years on this channel, and proven to be very effective. So we get into a tight position, bring one leg up, touch, tap, and then touch again. We're gonna do it for 45 seconds. Keep your core tight, back straight. All right. Halfway there. Stay strong, just have one last exercise after this. We're gonna completely burn out, give it everything we got. Last 10 seconds. Five, four, three, two, and last one. All right, we are down to the last and final exercise. We're gonna be burning out with butt kicks. I want you to give it everything you've got. And as you can see, this is super effective. It's only been a couple of minutes and I'm already drenched in sweat, but let's not celebrate yet. We're gonna go into this last exercise, butt kicks. So you wanna touch the back of your heels. You bring those heels up, squeeze your core. Bring up the intensity. It's the last one, we're gonna leave a count. Let's go, let's go, stay strong. Halfway there, pick up the pace. Last 10 seconds, stay strong. Five, four, three, we go, two, and one. All right, there you have it, just 12 minutes. We got a complete ab shredding, fat burning routine. Not just looking strong, actually being strong. And what do I mean by that? Not only are you gonna develop solid six pack abs from doing this routine, but you'll also increase your ability to perform like an athlete. And as I said at the beginning of this workout routine, that's gonna transfer over into all your other workouts and lifts, or sport, or whatever it is that you do, having you excel way faster than everyone else. So congratulations for getting to this routine with me. We're getting more and more shredded with every single workout. And the more you do this, the stronger

you're gonna get. If you felt fatigued or struggled to this routine, continue to do it, and it's gonna get easier and more manageable until you're just flying through this routine. And by that time, you'll be able to see the contrast of how much it benefited you from when you couldn't do it to being able to fly through it. If you enjoyed this workout and enjoyed the video, please smash that like button. I really appreciate it. And to show my appreciation, if you comment down below within 30 minutes of any upload, you're always gonna have a chance to win some Thenx apparel. So make sure you subscribe, turn all notifications on so that you never miss out on a video. We post every single Monday, 10 a.m. USA Eastern time. And don't forget to get this workout routine on your phone, as well as full access to all our workout programs and technique guides teaching you the most advanced movements, like the full planche, handstand, muscle-up, and so much more, step-by-step, as well as more follow-along workouts and workout programs just like this. And if you're new to the channel, don't forget to subscribe to the channel so you don't miss out on any future videos. And join the Thenx community of millions of Thenx athletes around the world using our routines to get in the best shape of their lives right now. All you have to do is download the Thenx app in the App Store, Google Play Store, or just hit the link down in the video description below. And now that we're burning fat and getting shredded six-pack abs, check out this complete leg workout you can do right from home to build solid lean muscle in your legs. And I will see you there. Mad love, peace out.