**Ronde 3: Knock-out Kracht.  
In deze ronde werken we aan explosieve kracht en timing. Het doel is om vrij te werken op de bokszak gedurende 2 minuten, en op mijn signaal geef je harde en snelle stoten. We trainen om die switch in je hoofd te maken en je tegenstander te overmeesteren. Wees klaar voor mijn signaal!**

**Ronde 1:** [Hoek en lage trap]Je werkt vrij op de bokszak en wanneer ik “GA!” roep, voer je [een hoek met voorste hand en een lage trap met achterste been] zo snel en hard mogelijk uit.

Er zijn 2 doelen om op te focussen:

1. [houd je achterste hand bij je kin voor verdediging tijdens de hoek]
2. [zwaai je achterste hand weg van je kin tijdens de lage trap]

Je kunt dit! Laat je kracht zien! 2 minuten lang in 3[pause weak] 2[pause weak] 1[pause weak] . Start vrij werken op de bokszak![pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!** [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong]  **Nog 1 minuut:** Blijf krachtig doorgaan, blijf gefocust! **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Onthoud [ achterste hand bij de kin voor verdediging] en [achterste hand zwaaien voor extra trap kracht].  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]   
**GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Bijna daar, in **5[pause weak] 4 GA! 3[pause weak] 2[pause weak] 1[pause weak]**

Goed gedaan! Je doet het fantastisch. Neem 45 seconden rust, gebruik deze wijs. Adem in door de neus en adem langzaam en rustig uit door de mond.  
  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**[** Onthoud,..**]**

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

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

**Ronde 2:** [Jab, Cross, wissel, en achterste knie]Je werkt vrij op de bokszak en wanneer ik “GA!” roep, voer je [een directe stoot met voorste hand, een directe stoot achterste hand, wissel je benen en maak een knie. zo snel en hard mogelijk uit.

Er zijn 2 doelen om op te focussen:

1. [adem uit bij elke stoot of knie]
2. [adem in als je met je handen hoog terug stapt op een veilige afstand]

We gaan ervoor! Laat je woede los! 2 minuten lang in 3[pause weak] 2[pause weak] 1[pause weak] . Start vrij werken op de zak![pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!** [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong]  **Nog 1 minuut:** Blijf krachtig doorgaan, blijf gefocust! **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Onthoud [adem uit met elke stoot] en [adem in als je terug stapt met je handen hoog].  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]   
**GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Bijna daar, in **5[pause weak] 4 GA! 3[pause weak] 2[pause weak] 1[pause weak]**

Uitstekend! Neem 45 seconden rust.

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

**[** Onthoud,..**]**

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

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

**Ronde 3:** [4 directe stoten[pause strong voorste hand, achterste hand, voorste hand, achterste hand]Je werkt vrij op de bokszak en wanneer ik “GA!” roep, voer je [4 directe stoten op eigen kinhoogte] zo snel en hard mogelijk uit. voor, achter,voor,achter. snel, hard, snel, hard,

Er zijn 2 doelen om op te focussen:

1. [explosieve kracht]
2. [scherp reactievermogen]

Je bent geweldig bezig! Neem een diepe ademhaling en maak je klaar voor de volgende ronde. Het duurt 2 minuten. Zet je gedachten op scherp in 3[pause weak] 2[pause weak] 1[pause weak] .. Start! [pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!** [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong] [pause strong] GA![pause strong] [pause strong] [pause strong] [pause strong]  **Nog 1 minuut:** Blijf krachtig doorgaan, blijf gefocust! **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Onthoud [explosieve kracht] en [scherp reactievermogen].  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]   
**GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  **GA!**[pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] **GA!** [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] Bijna daar, in **5[pause weak] 4 GA! 3[pause weak] 2[pause weak] 1[pause weak]**

Super goed, neem 45 seconde rust.  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

**[** Onthoud,..**]**

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

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

Voordat we een langere pauze nemen en wat drinken, hebben we nog één extra ronde!