**Ronde 4: Benen en trappen.  
Nu gaan we ons concentreren op onze benen.**Deze ronde is bedoeld om kracht en uithoudingsvermogen in je onderlichaam op te bouwen.

**Ronde 1:** [explosieve trappen rechterbeen]  
[Deze oefening beginnen we op 1 knie. Ga dus knielend voor de bokszak staan. Wanneer jij er klaar voor bent, verzamel je alle energie om een lichaamstrap uit te voeren. Hiervoor moet je opstaan en explosief trappen. ]

Er zijn 2 doelen om op te focussen:

1. [Zet je voorste voet breed uit, zodat je een betere trap op de bokszak kunt geven.]
2. [Bundel de kracht vanuit je kern met het opstaan en trappen. dit hoort 1 beweging te zijn.]

Maak je klaar! 2 minuten lang 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]  
**Nog 1 minuut:** Onthoud; zet je voorste voet breed uit en maak explosief 1 beweging. de kracht zit in je kern.[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong]

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

**Nog 30 seconden:** Bijna daar, niet vertragen!  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

[pause strong] [pause strong] [pause strong] [pause strong]  
**5[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]**Fantastisch!  
Neem 30 seconden rust en verlaag je hartslag met diepe ademhaling..

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

**Ronde 1:** [explosieve trappen Linkerbeen]  
Nu vervolgen we de andere kant en beginnen we weer op 1 knie. Ga dus knielend voor de bokszak staan. Wanneer jij er klaar voor bent, verzamel je alle energie om een lichaamstrap uit te voeren. Hiervoor moet je opstaan en explosief trappen. ]

Er zijn 2 doelen om op te focussen:

1. [Zet je voorste voet breed uit, zodat je een betere haakse trap op de bokszak kunt geven.]
2. [Bundel de kracht vanuit je kern met het opstaan en trappen. dit hoort 1 beweging te zijn.]

Maak je klaar! 2 minuten lang 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]  
**Nog 1 minuut:** Onthoud; zet je voorste voet breed uit en maak 1 explosieve beweging. de kracht zit in je kern.[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong]

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

**Nog 30 seconden:** Bijna daar, niet vertragen!  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]  
**5[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]**Fantastisch!  
Neem 30 seconden rust en verlaag je hartslag met diepe ademhaling..

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

**Ronde 3: Trappen**Nu gaan we [Lage, midden en hoge] trappen doen op de bokszak, elke 3 seconden. Eerst 25 keer met het linkerbeen, daarna 25 keer met het rechterbeen op mijn tellen.

Er zijn 2 doelen om op te focussen:

1. [na de trap, komt je been heel eventjes terug op de vloer om vervolgens weer te trappen]
2. [Deze oefening gaat meer over snelheid dan over kracht. focus op snelheid]

Klaar voor krachtige trappen? Linkerbeen eerst. 25 trappen op het signaal van 3. In 3[pause weak] 2[pause weak] 1[pause weak] . Start! [pause strong] [pause strong] [pause strong]

**TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP** [pause strong] [pause strong] [pause strong]**TRAP**[pause strong] [pause strong] [pause strong] **TRAP** [pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong]

Hou de snelheid vast, volledige beweging!  
Goed gedaan, het is echt niet erg als je dit niet helemaal kunt bijhouden. in kickboksen trainen we juist tot aan onze grens, zo worden we sterker en leren we onszelf mentaal en fysiek beter kennen. Dit is per persoon verschillend. Maar doe je best! wissel nu naar het rechterbeen. Denk aan [het kort aanraken van de vloer met je been] en [de snelheid van je trappen]. jij bent degene die je energie doseert. trap je te hard. dan ben je heel snel moe. simpel. ben je er klaar voor? 3 snelle trappen op 3 verschillende plekken op de bokszak.  
25 keer. In 3[pause weak] 2[pause weak] 1[pause weak] . Start![pause strong] [pause strong] [pause strong]

**TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP**[pause strong] [pause strong] [pause strong] **TRAP** [pause strong] [pause strong] [pause strong]**TRAP**[pause strong] [pause strong] [pause strong]

Uitstekende trappen met de juiste intentie!  
Neem 30 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][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]  
Voordat we een langere pauze nemen, komt de laatste verrassing van deze ronde