**Verrassing Ronde !**

1 minuut directe stoten op 1 tempo   
We gaan 1 minuut lang directe stoten maken op de bokszak. Belangrijk is dat jij het tempo bepaalt en daaraan vasthoudt. Het zijn constante stoten waarbij je constant doorademt.   
Zet nog een keer alles op alles voordat we 2 minuten rust krijgen. Kom op allemaal, in 3 2 1 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]

**Nog 30 seconden:** Geef niet op, je bent er bijna!

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [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 4 3 2 1**

**Heel goed gedaan, je hebt deze ronde voltooid! Neem 2 minuten rust, drink wat water, en wees trots op jezelf.**

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

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

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

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

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

**Maak je klaar voor de volgende ronde.**

**[** 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]