**Warming-up  
We moeten ervoor zorgen dat onze spieren warm zijn en dat onze hartslag hoger is dan normaal voordat we beginnen met trainen.**

**Ronde 1: Verhoog de hartslag**We beginnen met 2 minuten hakken billenBegin op je plaats te joggen terwijl je je hielen richting je billen brengt. In 3[pause weak] 2[pause weak] 1[pause weak] begin!  
  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

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

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

[pause strong] [pause strong] [pause strong] [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:** Overdrijf deze oefening niet, het is een warming-up om je lichaam te laten weten dat het aan het werk moet.

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

[pause strong] [pause strong] [pause strong] [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[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]**  Goed gedaan allemaal, mooi werk! Neem 30 seconden rust, en dan gaan we door naar de volgende ronde.  
  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [pause strong] [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: Activeer de buikspieren**We gaan verder met Plank jacks  
Ga in plankpositie staan met je handen of ellebogen onder je schouders en je voeten tegen elkaar. Spring met je voeten naar buiten en weer terug naar binnen, zoals bij een jumping jack. In 3[pause weak] 2[pause weak] 1[pause weak] Begin! [pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

[pause strong] [pause strong] [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[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]**  Goed gedaan, je buikspieren voelen dit en zijn nu actief.  
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] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

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

**Ronde 3: Rotatie van de wervelkolom**We gaan verder met een rotatie oefening, deze noemen ze naald en draad.Je begint op handen en knieën. Je handen zijn recht onder je schouders en je knieën recht onder je heupen. Begin met je rechterarm. Richt deze omhoog en kijk naar boven, vervolgens laat je de rechterhand zakken en onder je borst doorgaan zover jij kunt. voel de rekking in je onderrug en schouders. Hierna volgt de andere kant. In 3[pause weak] 2[pause weak] 1[pause weak] GO!  
  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [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[pause weak] 4[pause weak] 3[pause weak] 2[pause weak] 1[pause weak]**  Goed gedaan, je wervelkolom is los en actief.  
Neem 30 seconden rust. Daarna gaan we verder.  
[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [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 verder gaan naar lange rust is er nog een ronde die we gaan voltooien.