opzet warmup NL  
  
**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 1 minuut van hoge knieën en daarna 1 minuut hakken billen. [Op je plaats beginnen we met hoge knieën links en rechts. Om en om. jij bepaalt het tempo. omhoog met die knieën] 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:** Wissel nu naar hakken en billen. 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 op 3 steunpunten][We gaan op onze ellebogen liggen en vervolgens liften we 1 steunpunt omhoog. Dit mag een arm of been zijn. Je mag wisselen van steunpunt tijdens de ronde. we doen dit 1 minuut] 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]

**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 [Squat plus haakse Stoot][We maken een squat en komen weer omhoog. Dan stoten we uit met je voorste of je achterste hand. We stoten precies 90 graden opzij.. We willen optimale rotatie in de wervelkolom gebruik hiervoor je heupen en schouders we doen dit 1 minuut]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][pause strong] [pause strong]

**Top. Gaan we door naar de volgende ronde. Wat zal het zijn?**