


Naam:	<b>HIT High Intensity Workout</b>	
Trainer:	<b>Train supervisor</b>	
Dagen:		
Start:	<b>24 maart 2020</b>	<b>End: 21 april 2020</b>
Dit rapport is samengesteld door <b>Fitness- en Sportcentrum UvT Tilburg</b>		

## 1. Lunges

Datum	
Sets x Reps	<b>Exc A (for time- as quick as possible x 300 lunges</b>
Pauze(sec)	<b>Every minute passed then make 6 push ups</b>
Gew.	



## 2. Push up

Datum	
Sets x Reps	<b>Exc A x count your lunges</b>
Pauze(sec)	<b>on the minute make 6 pushups and count on till 300</b>
Gew.	



## 3. Jumping squats 2

Datum	
Sets x Reps	<b>Exc B - 5 minute workout-Make 2 jumpsq. x and sprint 20 mtr, 4 jumpssq. sprint 20</b>
Pauze(sec)	<b>6 jumpsq sprint 20, 8 jumpsq.etc till 5 min.</b>
Gew.	



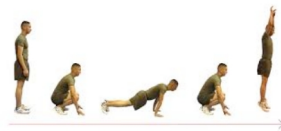
## 4. Free running

Manual	
after jumpsquats	20 mtr sprint
everytime add 2	jumpsquats after sprint



## 5. Burpees 2

Datum	
Sets x Reps	<b>Exc C - 5 minute workout- 2 burpees x 3 pushups wide-3 small, 4 burpees</b>
Pauze(sec)	<b>3 pu wide 3 small, 6 burpees 3 pu wide 3small etc</b>
Gew.	



## 6. Push up wide

Datum	
Sets x Reps	<b>Exc C x 3 push ups wide</b>
Pauze(sec)	<b>Push ups remains 6, burpees each time add 2 reps.</b>
Gew.	



## 7. Push up small

Datum	
Sets x Reps	<b>Exc C x 3 push ups small</b>
Pauze(sec)	<b>As many rounds as possible in 5 min.</b>
Gew.	



## 8. Skaters 2

Datum	
Sets x Reps	<b>Exc D - Workout 20 min. x Every minute on the minute</b>
Pauze(sec)	<b>minute 1 make 20 ice skaters rest till minute 2</b>
Gew.	



## 9. Crunch

<i>Datum</i>	
<i>Sets x Reps</i>	minute 2 make 20 crunches x minute 3 make 20 ice skaters
<i>Pauze(sec)</i>	min.4 crunches, min.5 ice skaters etc. till 20min
<i>Gew.</i>	



## 10. High knees 2

<i>Datum</i>	
<i>Sets x Reps</i>	Exc E- Workout 20 minutes x Every minute on the minute
<i>Pauze(sec)</i>	minute 1 make 30 high knees
<i>Gew.</i>	



## 11. Planking 21

<i>Datum</i>	
<i>Sets x Reps</i>	minute 2 make 15 elbows to hands x minute 3 make 30 high knees
<i>Pauze(sec)</i>	minute 4 make 15 elbows to hands etc. till 20 min
<i>Gew.</i>	

