



# FITCARDS

# Ochtend Training

1

Cobra Stretch

Child Pose



Rust  
10 sec.



2

Stretch

10 sec.



5

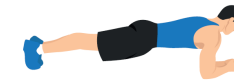
Stretch

10 sec.

2

High Knees

Plank



Rust  
30 sec.



17

Cardio

15 sec.



21

Core

15 sec.

3

Steam Engine

Side Plank



Rust  
60 sec.



19

Cardio

30 sec.



22

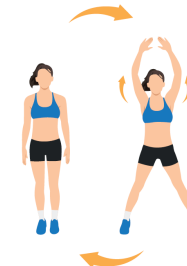
Core

15 sec.

4

Jumping Jacks

Mountain Climbers



Rust  
60 sec.



16

Cardio

30 sec.



25

Core

15 sec.

