





HVB CORONA CORE CHALLENGE

week	Maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
week 1	10 Ankle Grabbers 10 Bridges 10 Russian Twits 20 sec. Lage Plank		12 Ankle Grabbers 12 Bridges 12 Russian Twits 20 sec. Lage Plank	12 Ankle Grabbers 12 Bridges 12 Russian Twits 20 sec. Lage Plank	14 Ankle Grabbers 14 Bridges 14 Russian Twits 20 sec. Lage Plank	14 Ankle Grabbers 14 Bridges 14 Russian Twits 20 sec. Lage Plank	16 Ankle Grabbers 16 Bridges 16 Russian Twits 30 sec. Lage Plank
week 2	16 Ankle Grabbers 16 Bridges 16 Russian Twits 30 sec. Lage Plank	18 Ankle Grabbers 18 Bridges 18 Russian Twits 30 sec. Lage Plank		20 Ankle Grabbers 20 Bridges 20 Russian Twits 40 sec. Lage Plank	20 Ankle Grabbers 20 Bridges 20 Russian Twits 40 sec. Lage Plank	24 Ankle Grabbers 24 Bridges 24 Russian Twits 40 sec. Lage Plank	24 Ankle Grabbers 24 Bridges 24 Russian Twits 40 sec. Lage Plank
week 3	26 Ankle Grabbers 26 Bridges 26 Russian Twits 60 sec. Lage Plank	26 Ankle Grabbers 26 Bridges 26 Russian Twits 60 sec. Lage Plank	28 Ankle Grabbers 28 Bridges 28 Russian Twits 60 sec. Lage Plank		32 Ankle Grabbers 32 Bridges 32 Russian Twits 60 sec. Lage Plank	32 Ankle Grabbers 32 Bridges 32 Russian Twits 60 sec. Lage Plank	36 Ankle Grabbers 36 Bridges 36 Russian Twits 70 sec. Lage Plank
week 4	36 Ankle Grabbers 36 Bridges 36 Russian Twits 70 sec. Lage Plank	2x 20 Ankle Grabbers 2x20 Bridges 2x 20 Russian Twits 80 sec. Lage Plank	2x 20 Ankle Grabbers 2x20 Bridges 2x 20 Russian Twits 80 sec. Lage Plank	2x 24 Ankle Grabbers 2x24 Bridges 2x 24 Russian Twits 80 sec. Lage Plank		2x 24 Ankle Grabbers 2x24 Bridges 2x 24 Russian Twits 80 sec. Lage Plank	2x 25 Ankle Grabbers 2x25Bridges 2x 25 Russian Twits 90 sec. Lage Plank

