

5-5-5 karate-kracht-cardio-workout

Elke oefening 1 minuut

Karate-oefeningen ½ minuut links en ½ minuut rechts óf links en rechts om en om.

KARATE	KRACHT	CARDIO
Shuto-uke op 1 been	Bruggetje	Jumping-jack
Mae-geri op 1 been	Plank-walk	Heissman
Yoko-uke in shiko-dachi	Tricep-dip	Split lunge agility
Oi-tsuki in zenkutsu-dachi	Lage plank, kniedip	Hoge knie run
Shuto-uke in nekoashi-dachi	Ski-squat	Langlauf

5-5-5-5 karate-kracht-kata-cardio-workout

Elke oefening 1 minuut

Karate-oefeningen ½ minuut links en ½ minuut rechts óf links en rechts om en om.

KARATE	KRACHT	KATA	CARDIO
Shuto-uke op 1 been	Bruggetje	Pinan 1	Jumping-jack
Mae-geri op 1 been	Plank-walk	Pinan 2	Heissman
Yoko-uke in shiko-dachi	Tricep-dip	Pinan 3	Split lunge agility
Oi-tsuki in zenkutsu-dachi	Lage plank, kniedip	Pinan 4	Hoge knie run
Shuto-uke in nekoashi-dachi	Ski-squat	Pinan 5	Langlauf