

GORILLA

1. Hardlopen 2 km | Fietsen 2 km | Hardlopen 2 km | Fietsen 2 km
2. Touw klimmen • 8x | Push up strict • 24x || 3 sets
3. Squat 40 KG • 12x | Walking lunge 40 KG • 24 meter || 4 sets
4. Overhead press 28 KG • 12x | Pull up strict • 6x || 5 sets
5. Carry 70/60 KG • 10 meter | KB swing 32 KG • 10x || 6 sets
6. Hardlopen naar de finish



BUFFEL

1. Hardlopen 2 km | Fietsen 2 km | Hardlopen 2 km
2. Touw klimmen • 6x | Push up strict • 18x || 3 sets
3. Squat 40 KG • 8x | Walking lunge 40 KG • 16 meter || 4 sets
4. Overhead press 20 KG • 8x | Pull up strict • 4x || 5 sets
5. Carry 50/40 KG • 10 meter | KB swing 24 KG • 10x || 6 sets
6. Hardlopen naar de finish

