



## Goals

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**Jouw gezondheid**

# Starter

- 1 Intake en Total Body Check
- 2 Circuittraining en Movement Screening
- 3 Basismovement en Circuit Core
- 4 Voeding
- 5 Circuit Kracht
- 6 Circuit Kettlebell
- 7 Gymball
- 8 Tone

## Week 6



- 10 Powerbag
- 12 Personal Training
- 14 Body Combat

## Week 20



- 16 Core
- 18 Kettlebell
- 20 Glute
- 22 Body & Mind
- 24 Coaching
- 26 Bosu
- 28 Body Pump

## Week 28



- 30 Free Weights
- 32 Mobilisatie
- 34 HIIT
- 36 Coaching
- 38 Powerliften
- 40 Cable Cross
- 42 Kettlebell
- 44 RPM
- 46 Body & Mind
- 48 Body Attack
- 50 TRX
- 52 Pull Up