

### JUDO HERK-SPORT SUMMER CHALLENGE

Juli		Augustus		
1	Lopen	5 x 5 min	1 Squat	2 x 40 squats 40 sit-ups
2	Squat	3 x 20 squats 20 sit-ups	2 Push-up	3 x 26 push-ups 26 sit-ups
3	Push-up	3 x 10 push-ups 10 sit-ups	3 Lopen	2 x 25 min
4	Lopen	5 x 6 min	4 Squat	2 x 40 squats 40 sit-ups
5	Squat	3 x 25 squats 25 sit-ups	5 Push-up	7 x 10 push-ups 10 sit-ups
6	Push-up	3 x 15 push-ups 15 sit-ups	6 Lopen	20 x 1 min, 30 sec wandelen
7	Lopen	5 x 7 min	7 Squat	3 x 40 squats 40 sit-ups
8	Squat	3 x 25 squats 25 sit-ups	8 Push-up	3 x 27 push-ups 27 sit-ups
9	Push-up	4 x 10 push-ups 10 sit-ups	9 Lopen	1 x 35 min
10	Lopen	5 x 8 min	10 Squat	3 x 40 squats 40 sit-ups
11	Squat	4 x 20 squats 20 sit-ups	11 Push-up	3 x 28 push-ups 28 sit-ups
12	Push-up	3 x 17 push-ups 17 sit-ups	12 Lopen	10 x 3 min, 30 sec wandelen
13	Lopen	4 x 10 min	13 Squat	2 x 45 squats 45 sit-ups
14	Squat	4 x 20 squats 20 sit-ups	14 Push-up	8 x 10 push-ups 10 sit-ups
15	Push-up	3 x 20 push-ups 20 sit-ups	15 Lopen	1 x 40 min
16	Lopen	4 x 11 min	16 Squat	3 x 45 squats 45 sit-ups
17	Squat	3 x 30 squats 30 sit-ups	17 Push-up	3 x 29 push-ups 29 sit-ups
18	Push-up	5 x 10 push-ups 10 sit-ups	18 Lopen	10 x 2 min, 20 sec wandelen
19	Lopen	4 x 12 min	19 Squat	10 x 10 squats 10 sit-ups
20	Squat	3 x 30 squats 30 sit-ups	20 Push-up	3 x 29 push-ups 29 sit-ups
21	Push-up	3 x 22 push-ups 22 sit-ups	21 Lopen	1 x 50 min
22	Lopen	3 x 15 min	22 Squat	3 x 50 squats 50 sit-ups
23	Squat	4 x 25 squats 25 sit-ups	23 Push-up	10 x 10 push-ups 10 sit-ups
24	Push-up	3 x 25 push-ups 25 sit-ups	24 Lopen	10 x 3 min, 30 sec wandelen
25	Lopen	10 x 3 min, 60 sec wandelen	25 Squat	5 x 30 squats 30 sit-ups
26	Squat	3 x 35 squats 35 sit-ups	26 Push-up	3 x 30 push-ups 30 sit-ups
27	Push-up	6 x 10 push-ups 10 sit-ups	27 Lopen	1 x 60 min
28	Lopen	2 x 20 min	28 Squat	3 x 50 squats 50 sit-ups
29	Squat	3 x 35 squats 35 sit-ups	29 Push-up	3 x 30 push-ups 30 sit-ups
30	Push-up	3 x 25 push-ups 25 sit-ups	30 Lopen	1 x 60 min
31	Lopen	15 x 2 min, 60 sec wandelen	31 Squat	3 x 50 squats 50 sit-ups