

# MOVE MBER

## BINGOKAART

WEEK 1

ARMEN

WORKOUT 1

Kracht-  
training  
ARMEN

WORKOUT 2

Boksen

WORKOUT 3

Spielen

WEEK 2

BILLEN

WORKOUT 1

Kracht-  
training  
BILLEN

WORKOUT 2

Fit met Mark

WORKOUT 3

Your  
Perfect  
Body

WEEK 3

CORE

WORKOUT 1

Kracht-  
training  
CORE

WORKOUT 2

Pilates

WORKOUT 3

Core 15

WEEK 4

BENEN

WORKOUT 1

Kracht-  
training  
BENEN

WORKOUT 2

Fiesta Fit

WORKOUT 3

In Shape