

		Gedaan?
DAG 1:	15X SQUATS / 10X BOOTY KICK / 10X LUNCHES / 5X BRIDGES	<input type="checkbox"/>
DAG 2:	20X SQUATS / 15X BOOTY KICK / 10X LUNCHES / 5X BRIDGES	<input type="checkbox"/>
DAG 3:	25X SQUATS / 15X BOOTY KICK / 15X LUNCHES / 5X BRIDGES	<input type="checkbox"/>
DAG 4:	30X SQUATS / 15X BOOTY KICK / 15X LUNCHES / 10X BRIDGES	<input type="checkbox"/>
DAG 5:	-RUST-	
DAG 6:	30X SQUATS / 15X BOOTY KICK / 15X LUNCHES / 10X BRIDGES	<input type="checkbox"/>
DAG 7:	35X SQUATS / 20X BOOTY KICK / 15X LUNCHES / 10X BRIDGES	<input type="checkbox"/>
DAG 8:	40X SQUATS / 20X BOOTY KICK / 20X LUNCHES / 10X BRIDGES	<input type="checkbox"/>
DAG 9:	45X SQUATS / 20X BOOTY KICK / 20X LUNCHES / 15X BRIDGES	<input type="checkbox"/>
DAG 10:	-RUST-	
DAG 11:	45X SQUATS / 20X BOOTY KICK / 20X LUNCHES / 15X BRIDGES	<input type="checkbox"/>
DAG 12:	50X SQUATS / 25X BOOTY KICK / 20X LUNCHES / 15X BRIDGES	<input type="checkbox"/>
DAG 13:	55X SQUATS / 25X BOOTY KICK / 25X LUNCHES / 15X BRIDGES	<input type="checkbox"/>
DAG 14:	60X SQUATS / 25X BOOTY KICK / 25X LUNCHES / 20X BRIDGES	<input type="checkbox"/>
DAG 15:	-RUST-	
DAG 16:	60X SQUATS / 25X BOOTY KICK / 25X LUNCHES / 20X BRIDGES	<input type="checkbox"/>
DAG 17:	65X SQUATS / 30X BOOTY KICK / 25X LUNCHES / 20X BRIDGES	<input type="checkbox"/>
DAG 18:	70X SQUATS / 30X BOOTY KICK / 30X LUNCHES / 20X BRIDGES	<input type="checkbox"/>
DAG 19:	75X SQUATS / 30X BOOTY KICK / 30X LUNCHES / 25X BRIDGES	<input type="checkbox"/>
DAG 20:	-RUST-	
DAG 21:	75X SQUATS / 30X BOOTY KICK / 30X LUNCHES / 25X BRIDGES	<input type="checkbox"/>
DAG 22:	80X SQUATS / 35X BOOTY KICK / 30X LUNCHES / 25X BRIDGES	<input type="checkbox"/>
DAG 23:	85X SQUATS / 35X BOOTY KICK / 35X LUNCHES / 25X BRIDGES	<input type="checkbox"/>
DAG 24:	90X SQUATS / 35X BOOTY KICK / 35X LUNCHES / 30X BRIDGES	<input type="checkbox"/>
DAG 25:	-RUST-	
DAG 26:	90X SQUATS / 35X BOOTY KICK / 40X LUNCHES / 30X BRIDGES	<input type="checkbox"/>
DAG 27:	95X SQUATS / 40X BOOTY KICK / 40X LUNCHES / 30X BRIDGES	<input type="checkbox"/>
DAG 28:	100X SQUATS / 40X BOOTY KICK / 40X LUNCHES / 30X BRIDGES	<input type="checkbox"/>
DAG 29:	105X SQUATS / 40X BOOTY KICK / 45X LUNCHES / 30X BRIDGES	<input type="checkbox"/>
DAG 30:	110X SQUATS / 40X BOOTY KICK / 45X LUNCHES / 40X BRIDGES	<input type="checkbox"/>