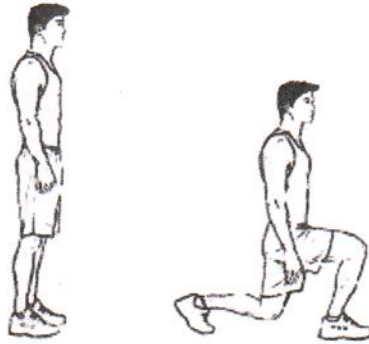


Squat



lunges



neck



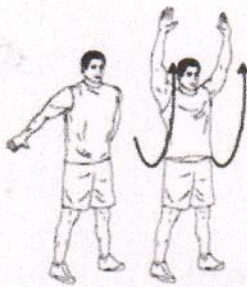
kuit stretchen



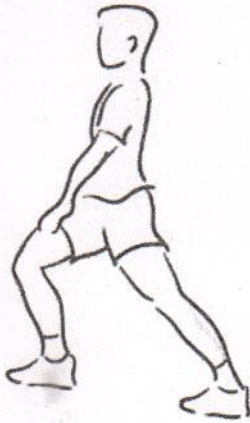
high knees



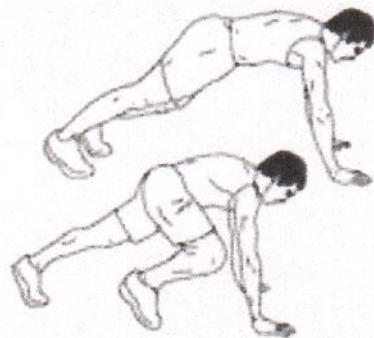
arm rotation stretch



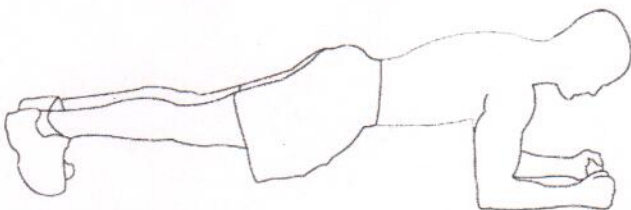
Zijdelings dij strechen



climbers



PLANK



Heup oefening



Bal oefeningen

