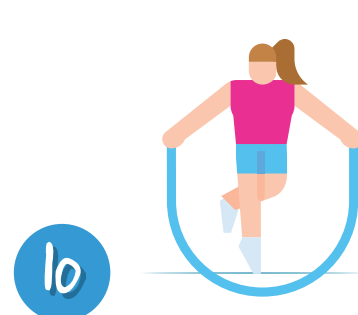
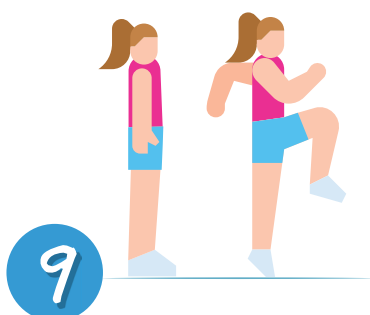
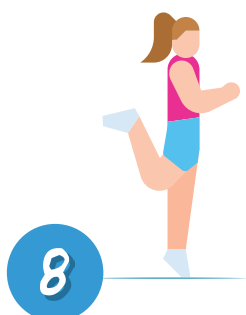
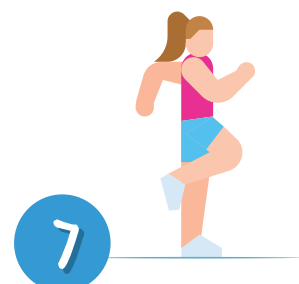
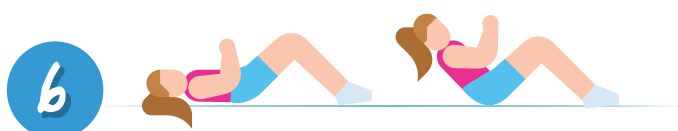
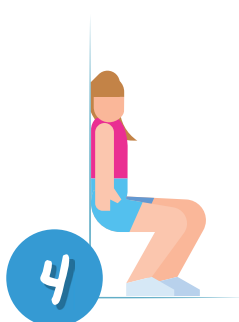
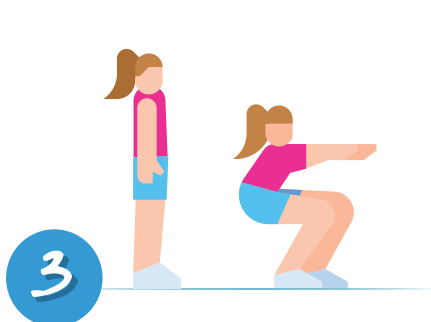
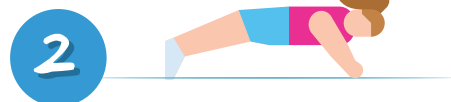
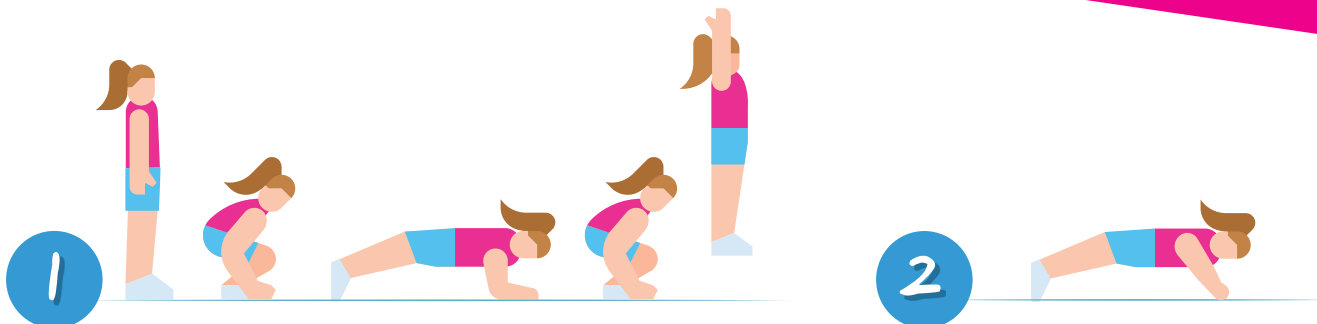


Uitleg oefeningen



Hoe werkt het?

1. Burpee
2. Plank (op de handen en voeten)
3. Squad
4. Tegen een muur zitten
5. Jumping jack
6. Sit-ups
7. Hinkelen
8. Met de hakken tegen de billen
9. Knie heffen
10. Touwtje springen