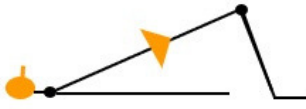




CORE STABILITY

1



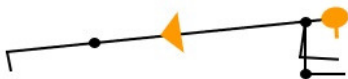
3x30sec

2



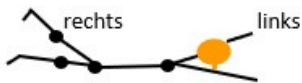
10x10sec

3



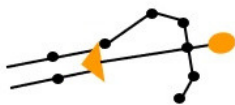
3x30sec

4



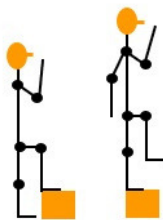
3x30sec

5



3x15sec

6



3x10hh

Aandachtspunten voor alle bovenstaande oefeningen:

- Bekken kantelen
- Navel intrekken
- Bilspieren aanspannen