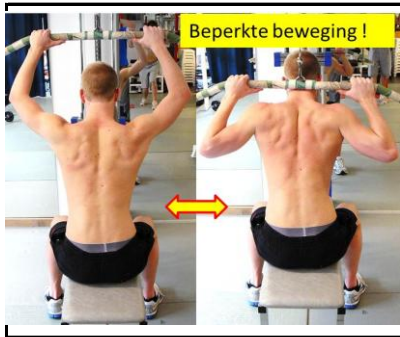
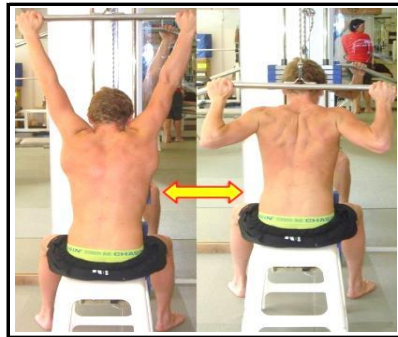


TRAPEZIUS: armen zijwaarts op- neerwaarts beweging (ab- en adductie)
 (sturing schouderblad in spierwerking achter frontaal vlak van romp)

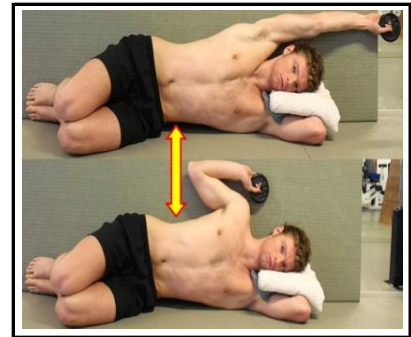
Lat-pull in nek beperkte hoek



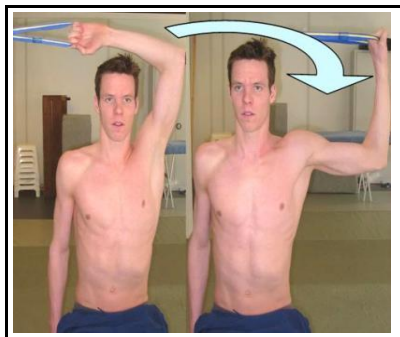
Lat-pull in net volledig ROM



zijlig: arm buig-strek



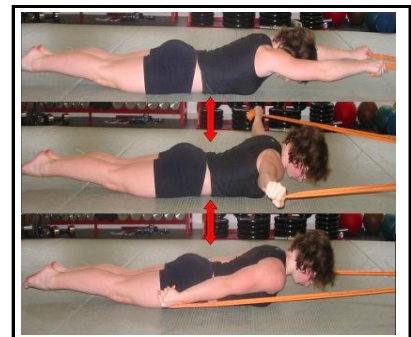
Lateral Pull-over trekapp



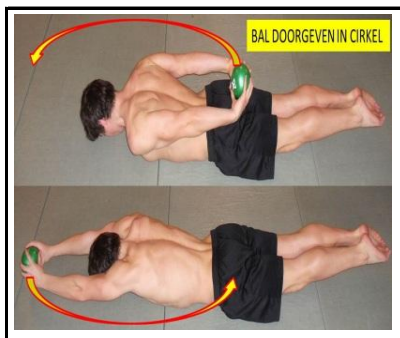
zit: armen via "ruit" opw bal



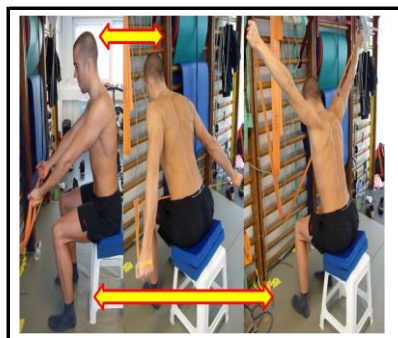
buiklig: an zijw neerw rek



buiklig: an zijw bal doorgeven



zit romp schuin: an schuin op



zit: Pull-down + romrotatie

