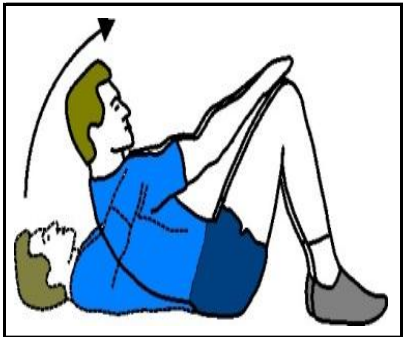
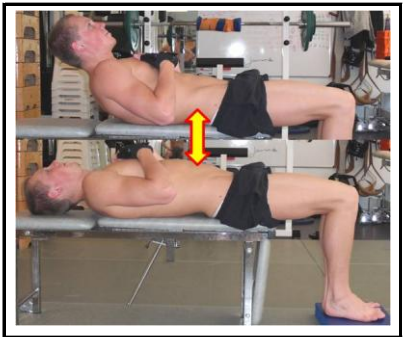


BUIKSPIEREN:
Dynamisch: romp opw / bekken opw / rotaties om lengte-as voorw / vormspanning

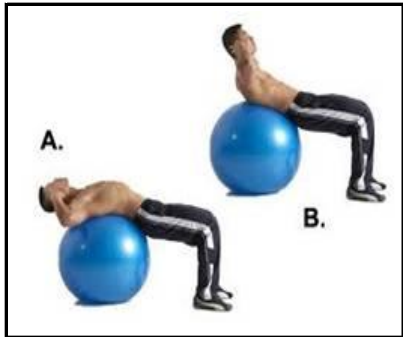
CRUNCH (Sit-up)



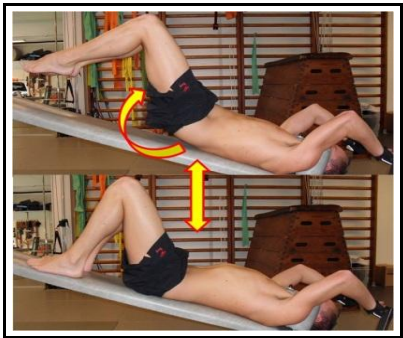
CRUNCH (Sit-up), heup 180°



CRUNCH (Sit-up), rug bal



onderste buikspieren (plank)



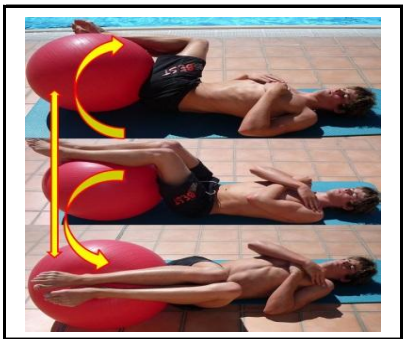
ROTARY TORSO (toestel)



V-zits met romprotatie



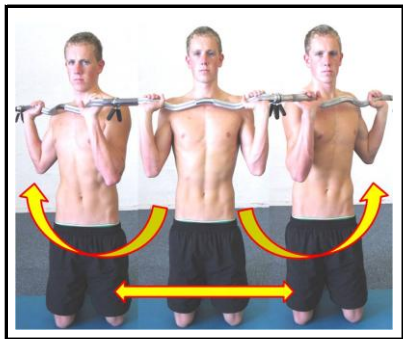
rotatie benen swissbal



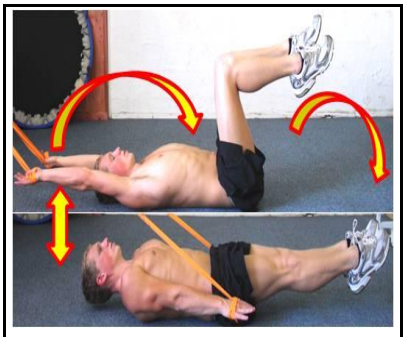
rotatie benen: medecin bal



kniezit: romprotatie staaf



ruglig: vormspanning+ rek



vormspanning elleb-vtsteun



vormspanning elleb 1vtstn

