

HAMSTRINGS:
 Buiging thv kniegewricht / ondersteuning openen heuphoek / afremmen strekking knie

LEG-CURL: zit (toestel)



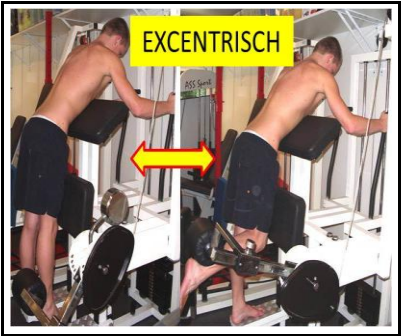
LEG-CURL (buiklig) (toestel)



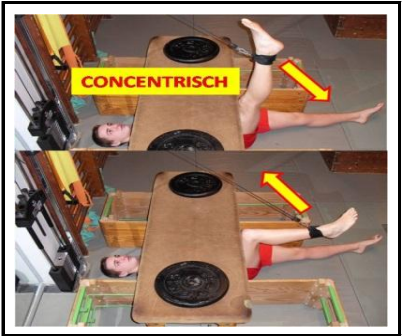
STANDING LEG-CURL (toestel)



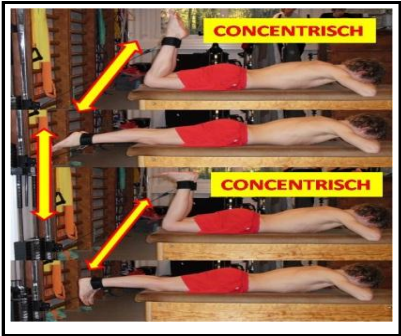
STANDING LEG-CURL (toestel)



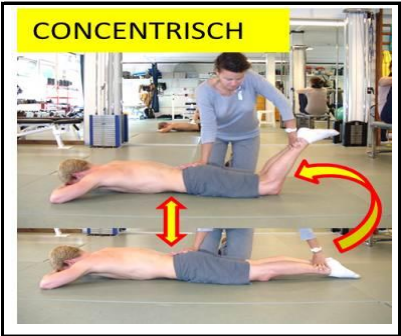
ruglig: hamstrings trekapp



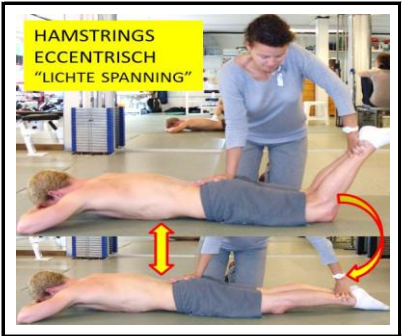
buiklig: hamstrings trekapp



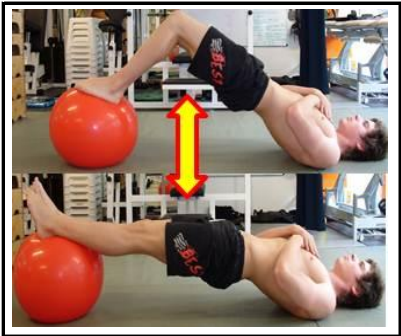
buiklig: hamstrings partner



buik:hamstrings partner exc.



hamstrings: swissbal



"Nordic Hamstring" partner

