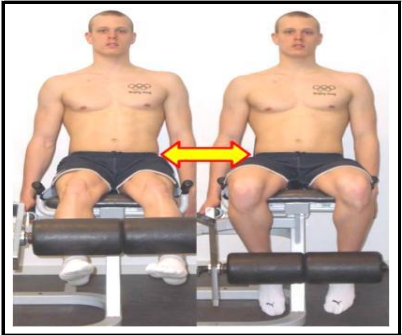


**QUADRICEPS**  
 strekking knie / ondersteuning buiging heupgewricht

Muur-zit / Muur "glijden" ⇕



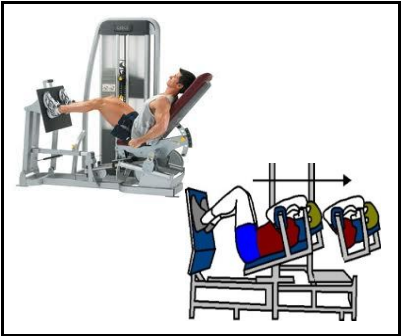
LEG-EXTENSION (toestel)



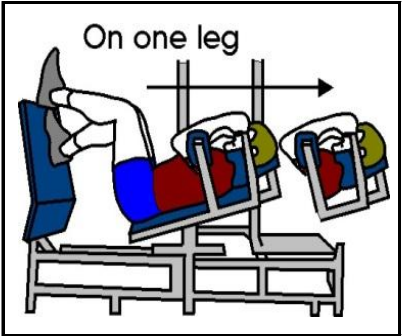
Leg-extension (1 been)



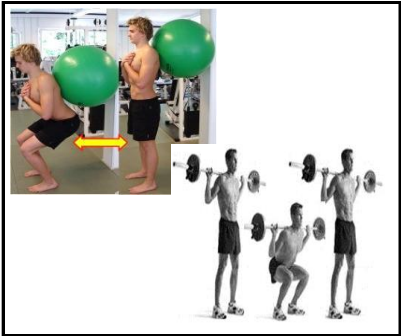
LEG-PRESS (zit of lig)



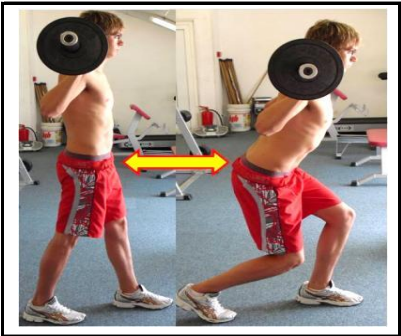
LEG-PRESS (1 been)



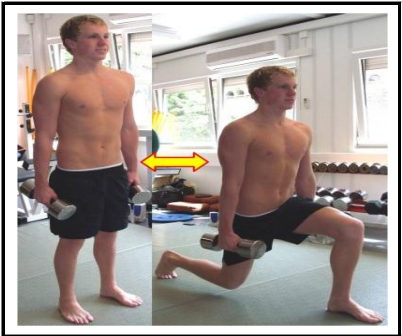
SQUAT (bal - staaf)



SPLIT-SQUAT



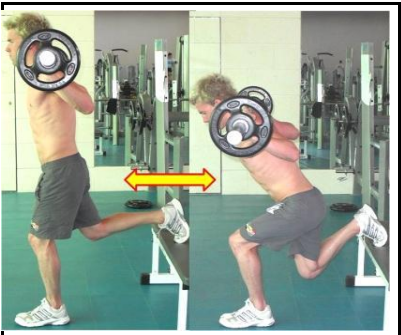
LUNGE (stap voorw L-R)



STEP-UP (verhoog)



1-benige squat (1 bn opw)



ruglig plint: knieën strek rek



Weerstand partner rekkers!!!

SQUAT-JUMP

