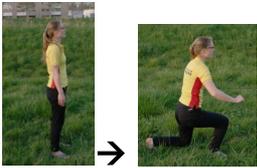
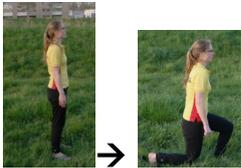
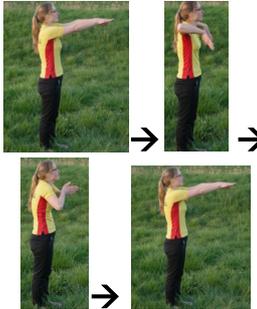
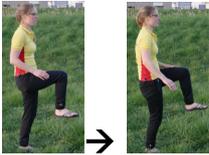
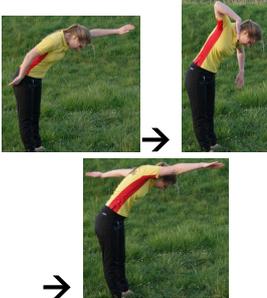
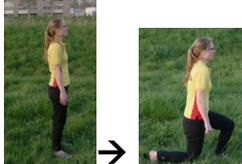
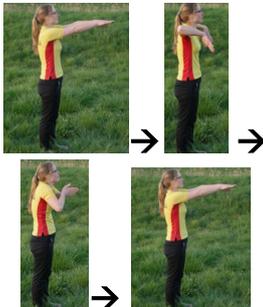
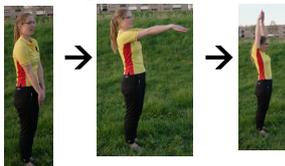
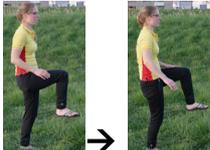
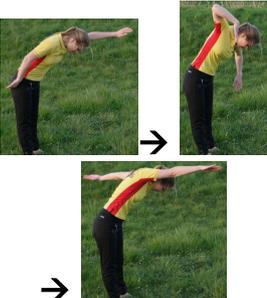


<p>20 sec. wall-sit</p> 	<p>5 x squat</p> 	<p>10 x schuine sit-up</p> 	<p>10 x sit-up</p> 
<p>5 x lunges rechts</p> 	<p>5 x lunges links</p> 	<p>5 x opdrukken</p> 	<p>10 x schoolslag armen</p> 
<p>10 x samengestelde rugslag armen</p> 	<p>10 x knieën heffen</p> 	<p>5 x leg raises</p> 	<p>5 x jumping jacks</p> 
<p>10 x zeemansslag armen</p> 	<p>20 sec. dribbelen op je plek</p> 	<p>10 x borstcrawl armen</p> 	<p>Verzin een sportieve opdracht voor de ander!</p> 

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