DAG																		
AANTAL																		
splitjumps (4+4+4)																		
tick tock (15)																		
push ups (10)																		
shoot the duck (10)																		
sit ups (20)																		
back swim (20)																		
sit against wall (1min)																		
sit up/bike ride (50)																		
elbow rest (30sec)																		
one foot hop (30x2)																		
jackson hamstring (10)																		
push up/split jump (10)																		
TOTAAL TIJD OEFENINGEN																		
BEREIKT RESULTAAT																		