DAG																		
AANTAL																		
splitjumps (x2)																		
broomtwist (40)																		
push ups (15)																		
shoot the duck (15)																		
sit ups (30)																		
back swim (30)																		
powerband Forward (15x)																		
powerband Backward (15x)																		
powerband out (15x)																		
powerband in (15x)																		
sit against wall (1min)																		
tick tock (25)																		
elbow rest (1min)																		
one foot hop (50x2)																		
sideways elbow rest(1min)																		
Jackson hamstring (10x)																		
powerband back (15x)																		
push up/split jump (15)																		
TOTAAL TIJD OEFENINGEN																		
BEREIKT RESULTAAT																		