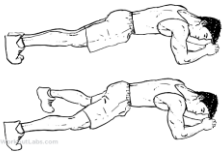


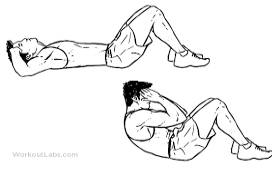
Naam: **core training**

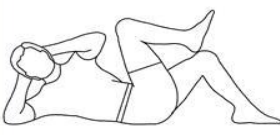
Begin Datum 22-1-2019


Instr Mirko van Ligtenberg



1  **Plank Jacks**  
**30 sec**

2  **Sit-up**  
**30 sec**

3  **Crunch diagonaal links**  
**30 sec**

4  **Crunch diagonaal rechts**  
**30 sec**

5  **Russian twist**  
**30 sec**

De training duurt 10 min

volgorde van de oefeningen:

- oefening: 1
- oefening: 2
- oefening: 3
- oefening: 4
- oefening: 5
- oefening: 1
- oefening: 2
- oefening: 1
- oefening: 3
- oefening: 4
- oefening: 5

Na iedere oefening 10 sec rust

core training

## Staal Fysiotherapie Training