



Kracht & Stabiliteit training

Oefening 3.1

Planking

<https://www.youtube.com/watch?v=Qgv8gFGmEEk&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n>

Oefening 3.2

Push-Up

<https://www.youtube.com/watch?v=rFZ3b0rKRHw&index=2&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n>

Oefening 3.3

Mountain Climbers

<https://www.youtube.com/watch?v=HWyml-YU8ck&index=3&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n>

Oefening 3.4

Ruitenwissers

<https://www.youtube.com/watch?v=LpA1KwpmAnI&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n&index=4>

Oefening 3.5

Piesend hondje

<https://www.youtube.com/watch?v=RAfh0-9ToVQ&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n&index=5>

Oefening 3.6

Nordic Hamstring

<https://www.youtube.com/watch?v=HQhl77a7wwg&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n&index=6>

Oefening 3.7

Squat

<https://www.youtube.com/watch?v=enlUwUi76D4&index=7&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n>

Oefening 3.8

Éenbeninge squat

<https://www.youtube.com/watch?v=enlUwUi76D4&index=7&list=PLsIC0vSlibGJxgjjsxweZVl5tGjMkn5n>

Oefening 3.9

Lunges

<https://www.youtube.com/watch?v=kIW8VdiC0II&list=PLsIC0vSlibGJxgjjsxweZVI5tGjMkn5n&index=9>

Oefening 3.10

Plank2Wall

<https://www.youtube.com/watch?v=rQd-hPICijE&list=PLsIC0vSlibGJxgjjsxweZVI5tGjMkn5n&index=10>

Oefening 3.11

Kickersprongen

<https://www.youtube.com/watch?v=HOZg6nTB1Cg&list=PLsIC0vSlibGJxgjjsxweZVI5tGjMkn5n&index=11>

