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| **Statisch rekken 30 seconden per spier vasthouden** |

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| **Nr.** | **Spier** | **Tekening** | **Aandachtspunten** |
|  | Gastroncnemius |  |  |
|  | TFL  Tensor Fascia Latea |  |  |
|  | Pectoral Major |  |  |
|  | Trapezius |  |  |
|  | Adductoren |  |  |
|  | Latissimus Dorsi |  |  |
|  | Hip Flexoren |  |  |
|  | Quadricepsfemoris |  |  |
|  |  |  |  |