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| **Dynamische rekken**  |

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| **Nr.** | **Oefening** | **Tekening** | **Aandachtspunten** |
|  | Prisoner Squat |  |  |
|  | Multipleanar Lunge with Reach |  |  |
|  | Medicine Ball rotation |  |  |
|  | Lunge with rotation |  |  |
|  | Russian Twist |  |  |
|  | Leg swings front to back |  |  |
|  | Leg swings side tot side |  |  |
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|  |  |  |  |