

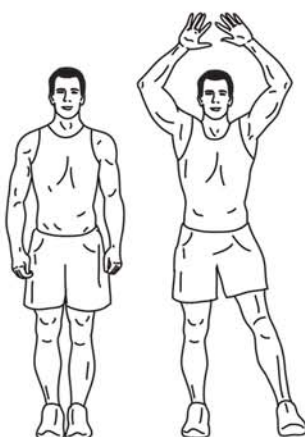
THUIS TRAINING

Gemaakt door DAREBEE © darebee.com

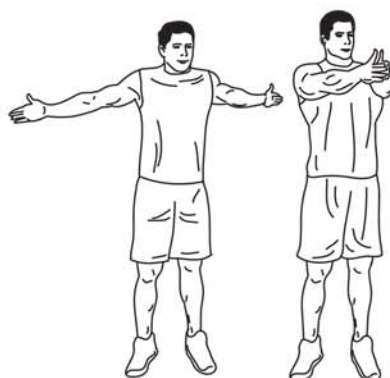
Herhaal in totaal 5 maal - Rust maximaal 2 minuten



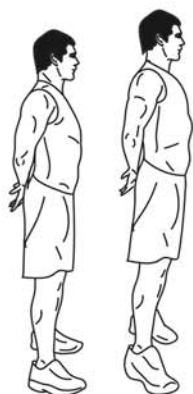
10 heup rotaties



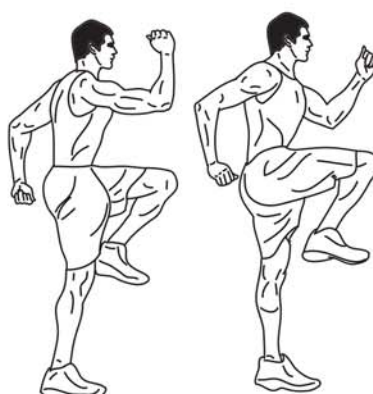
10 step jacks



10 borst openen



10 calf raises



10 march steps