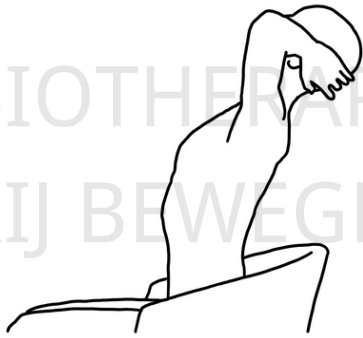


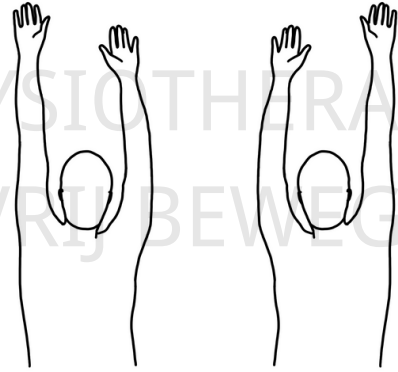
# OEFENINGEN BOVENRUG

3 sets van 10 herhalingen - 2 keer per dag

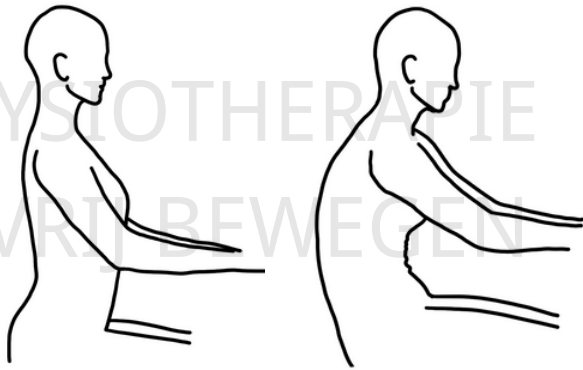


## 1. Bovenrug opstrekken

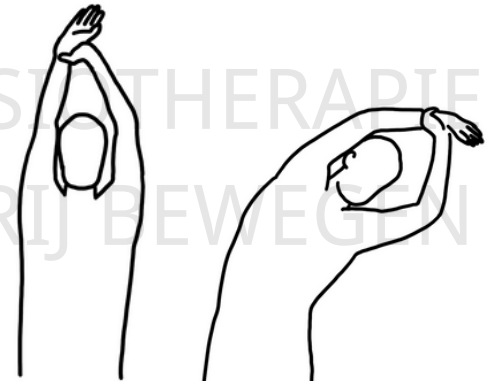
Mag ook staand



## 2. Appeltjes plukken

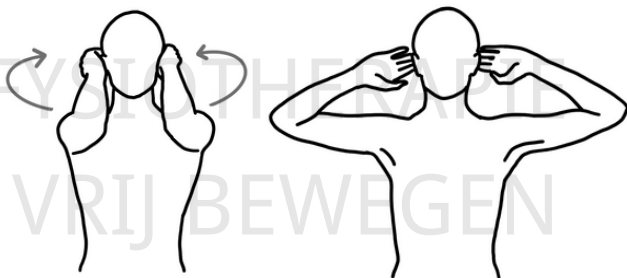


## 3. Hol/bol maken



## 4. Zijwaarts strekken

Beide kanten



## 5. Beach stretch

**FYSIOTHERAPIE VRIJ BEWEGEN**

Heb je nog vragen? Mail ons: [info@fysiotherapievrijbewegen.nl](mailto:info@fysiotherapievrijbewegen.nl)