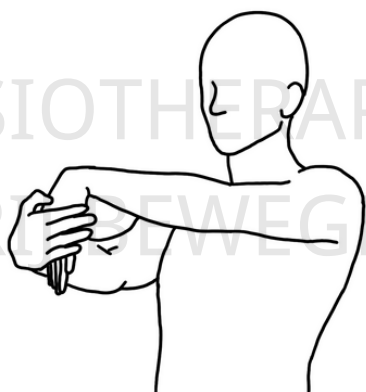
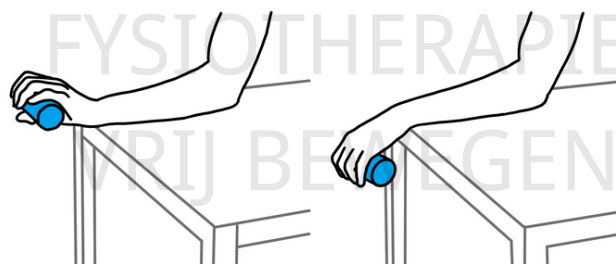


OEFENINGEN ELLEBOOG

3 sets van 10 herhalingen - 2 keer per dag



1. Rekken elleboog



2. Excentrische oefening elleboog