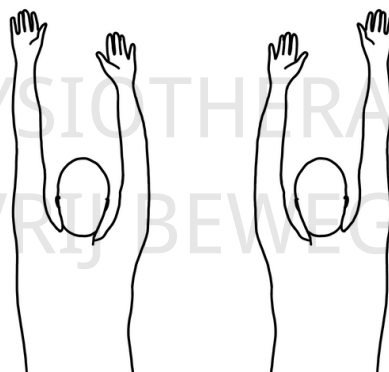


OEFENINGEN BOVENRUG

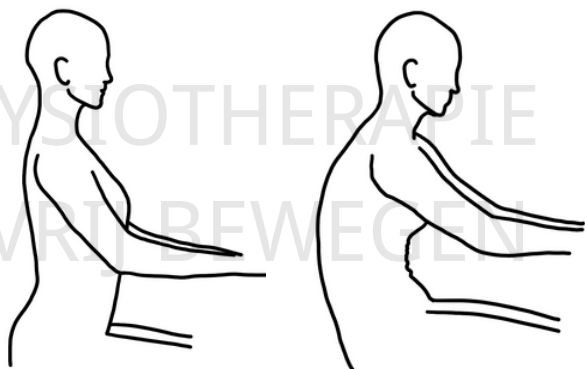
3 sets van 10 herhalingen - 2 keer per dag



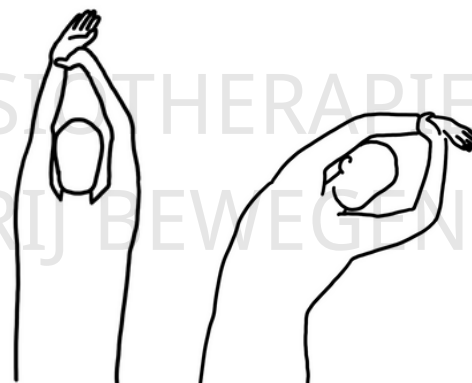
Bovenrug opstrekken
Mag ook staand



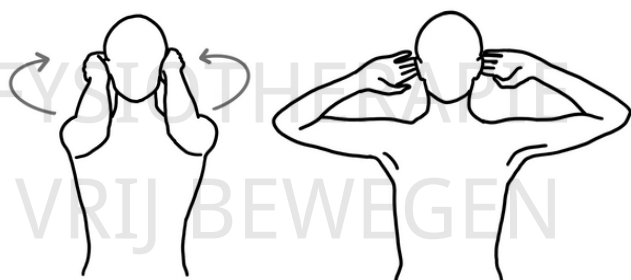
Appeltjes plukken



Hol/bol maken



Zijwaarts strekken
Beide kanten



Beach stretch

FYSIOTHERAPIE VRIJ BEWEGEN

Heb je nog vragen? Mail ons: info@fysiotherapievrijbewegen.nl