

VERSION 1 (V 1) UPDATE 19/04/2020 - CORE STABILITY AND STRENGTH STABILITY

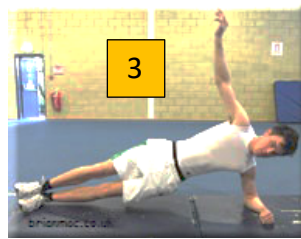
1- CORE STABILITY : 4 X 1' PAUSE: 1 each exercise (1,2,3,4) Total: 28'

1



Left and right

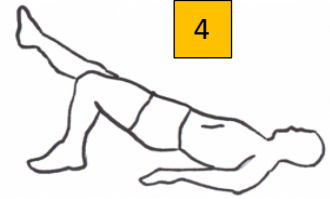
2



3

Left and right

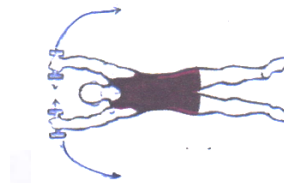
4



Left and right

2 - CORE STRENGTH

LOMBAIRES - RUGSPIEREN HORIZONTALAAL BRENGEN: 5*20 R PAUSE: 2'



ABDOMINAUX - BUIKSPLEREN : 4*30/40 R PAUSE: 2'

