
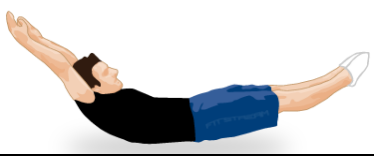
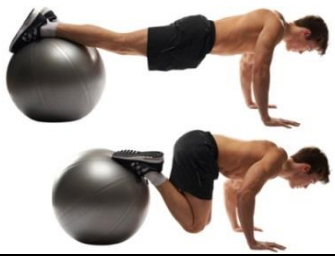

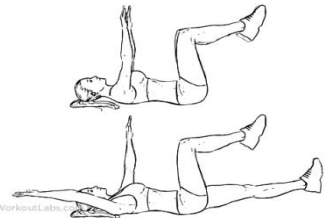


## Workout of the Month – Juni 2017

Core Strength						
Nr	Afbeelding	Oefening	Herhalingen	Sets	Weerstand	Rust
1		Plank+ Leg Raise	5 x L 5 x R	3	Lichaamsgewicht	30"
2		Hollow Hold	20"	3	Lichaamsgewicht	30"
3		Tuck	10	10	Lichaamsgewicht	30"
4	<p>Reverse Crunch</p> 	Reverse Crunch	10	3	Lichaamsgewicht	30"
5		Dead Bug	10	3	Lichaamsgewicht	30"