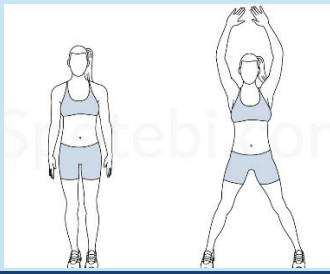


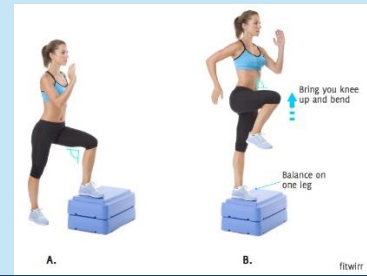
A

JUMPING JACKS



B

STEPS



C

PLANKEN



D

TIJGEREN



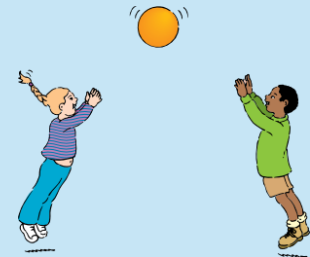
E

BURPEES



F

BAL GOOIE EN VANGEN



G

SUPERMAN



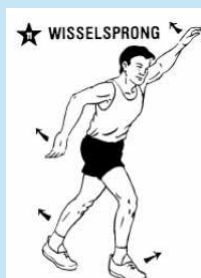
H

ARMEN ZIWAARTS OMHOOG



I

WISSELSPRONG



J

ZIWAARTS VERPLAATSEN



K

ZIT STAAN (ZONDER HANDEN)



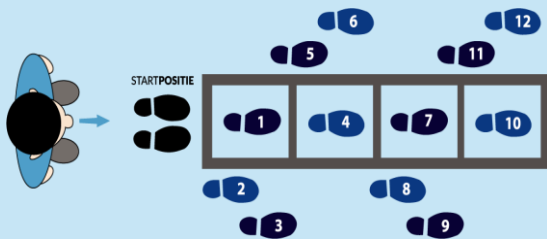
M

STOEL TEGEN DE MUUR



O

LOOPLADDER



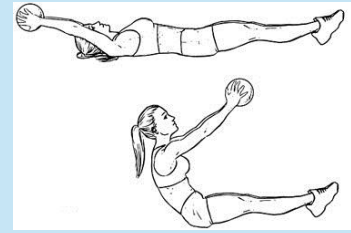
R

RENNEN (TUSSEN TWEE PLEKKEN HEEN EN WEER)



L

BUIKSPIEREN MET BAL (BOVEN HOOFD, TUSSEN VOETEN TIKKEN)



N

BAL SMIJTEN (EN WEER OPPAKKEN)



P/Q

ZIJWAARTS PLANKEN



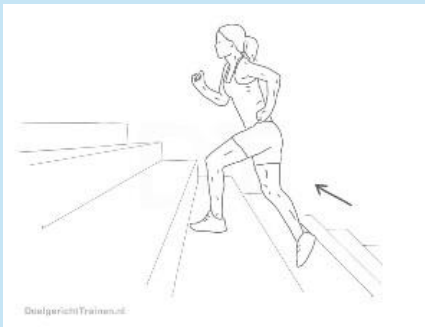
S

SQUAD



T

TRAPLOPEN (OMHOOG, OMLAAG)



V

DRIBBELEN MET DE BAL



X

KNIEHEFFEN



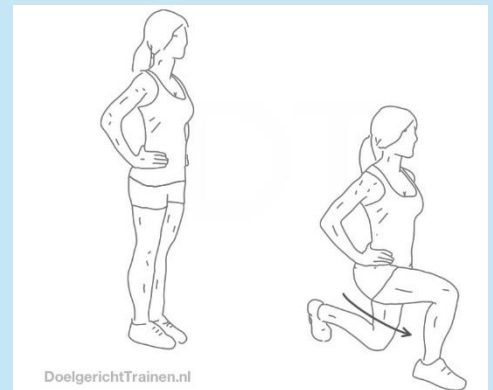
U

TOUWTJE SPRINGEN



W

LUNGES



Y / Z

ARMEN DRAAIEN

