SCHEMA	Oefening	Instructies ter reminder		Herhalingen	Rondes	Rust	Aantekeningen
Opwarmen 1	Squat op blok	https://www.youtube.com/watch?v=b4esFx8-jeY		15	2		
Opwarmen 2	Knieen op en neer	https://www.youtube.com/watch?v=oDdkytliOqE		45 sec	2		
Opwarmen 3	**Planken**	https://www.youtube.com/watch?v=pSHjTRCQxIw		20 seconde	2	20	
Training							
A1	Squat op blok	https://www.youtube.com/watch?v=b4esFx8-jeY		20	3	0	
A2	Push Ups op je knieen	https://www.youtube.com/watch?v=pTIj2Vr0xKM		10	3	0	
A3	Lunges	https://www.youtube.com/watch?v=GJUjZ9ypp-k		20	3	45 sec	20 per kant
B1	Leg Raise Vasthouden	https://www.youtube.com/watch?v=fqzMd87uNTI		30 sec	3	0	
B2	Planken	https://www.youtube.com/watch?v=pSHjTRCQxIw		30 sec	3	0	
B3	Superman	https://www.youtube.com/watch?v=z6PJMT2y8GQ		20	3	30 sec	
C1	Hip Bridge	https://www.youtube.com/watch?v=8bbE64NuDTU		30	3	0	
C2	Knieen op en neer	https://www.youtube.com/watch?v=oDdkytliOqE		60	3	30 sec	