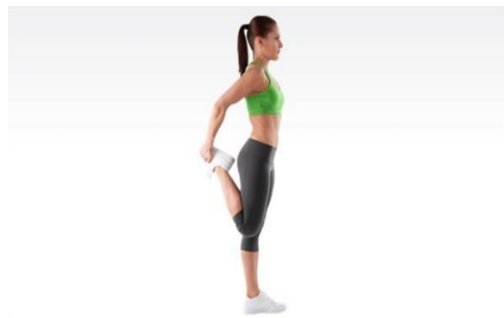


Coolingdown / stretch / lenigheidsoefeningen:

Benen:



**Bovenlichaam:**

