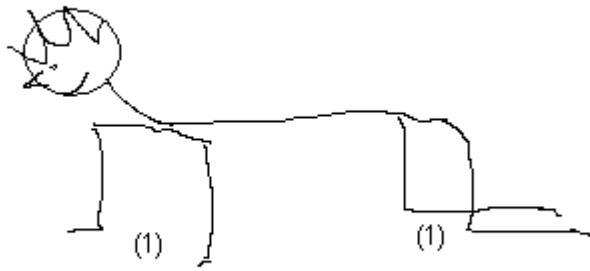
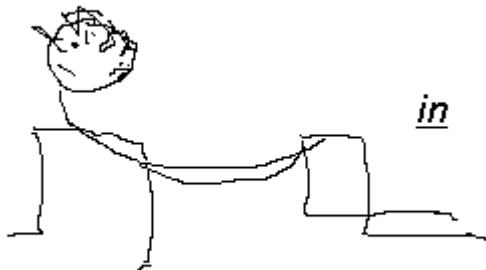
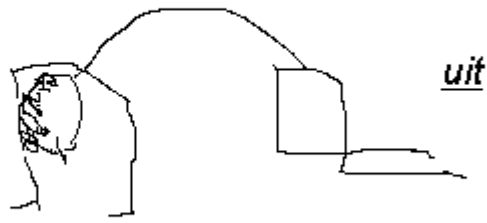


Rugoeefening 1

a) Uitgangshouding:



b) De oefening:



variante:

