

Oefenschema: Stabiliteit				Therapeut: Jorin Kamps				Startdatum: 29-12-17				
Week	<i>Runner's step</i>				<i>Runner's step & turn</i>				<i>Runner's step & reach</i>			
	Herhalingen: 3x10 per been				Herhalingen: 3x10 per been				Herhalingen: 3x10 per been			
	Herhalingen: 3x12 per been				Herhalingen: 3x12 per been				Herhalingen: 3x12 per been			
	Herhalingen: 3x15 per been				Herhalingen: 3x15 per been				Herhalingen: 3x15 per been			
<i>Runner's hop</i>				<i>Runner's twist</i>				<i>Runner's touch</i>				
Herhalingen: 3x15 per been				Herhalingen: 3x15 per been				Herhalingen: 3x15 per been				
Herhalingen: 3x20 per been				Herhalingen: 3x20 per been				Herhalingen: 3x20 per been				
Herhalingen: 4x20 per been				Herhalingen: 4x20 per been				Herhalingen: 5x20 per been				
<i>Runner's hop & lift</i>				<i>Runner's pull</i>				<i>Runner's touch diagonaal</i>				
Herhalingen: 3x12 per been				Herhalingen: 3x12 per been				Herhalingen: 3x12 per been				
Herhalingen: 3x15 per been				Herhalingen: 3x15 per been				Herhalingen: 3x15 per been				
Herhalingen: 3x20 per been				Herhalingen: 3x20 per been				Herhalingen: 3x20 per been				
<i>Runner's salsa</i>				<i>Step up</i>				<i>Pistol squat</i>				
Herhalingen: 3x10 per been				Herhalingen: 3x15 per been				Herhalingen: 3x8 per been				
Herhalingen: 3x15 per been				Herhalingen: 3x20 per been				Herhalingen: 3x10 per been				
Herhalingen: 3x20 per been				Herhalingen: 4x20 per been				Herhalingen: 3x12 per been				