

**Oppervlakkige
kuitspier**



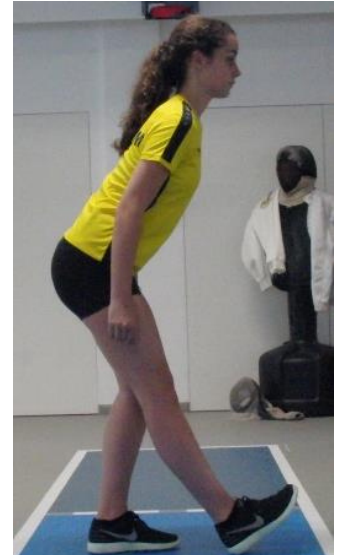
**Diepe
kuitspier**



Quadriceps



Hamstrings



Hamstrings



Heup adductoren



Scheenbeen



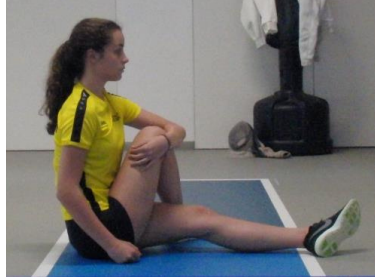
**Statisch stretchen op
einde sportactiviteit:**

- ⌚ 1 x 30 seconden
per spiergroep

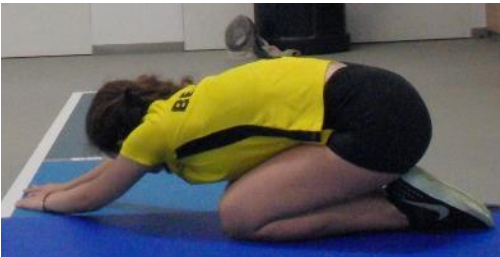
**Statisch stretchen los
van sportactiviteit om
leniger te worden:**

- ⌚ 2 x 60 seconden
per spiergroep

Bil



Rug



Borst



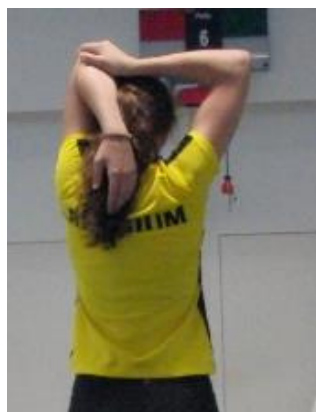
Schouder



Schouder



Triceps



Statisch stretchen op
einde sportactiviteit:

- ⦿ 1 x 30 seconden
per spiergroep

Statisch stretchen los
van sportactiviteit om
leniger te worden:

- ⦿ 2 x 60 seconden
per spiergroep

Biceps



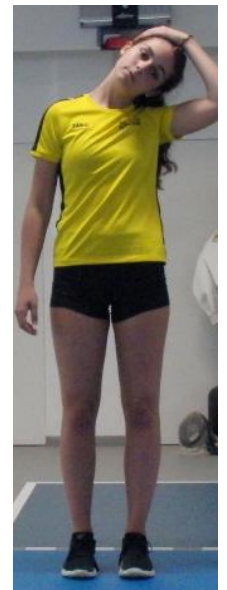
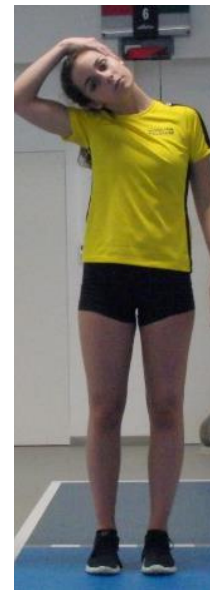
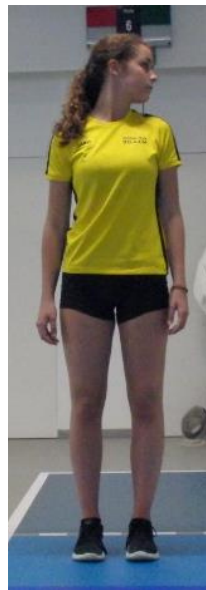
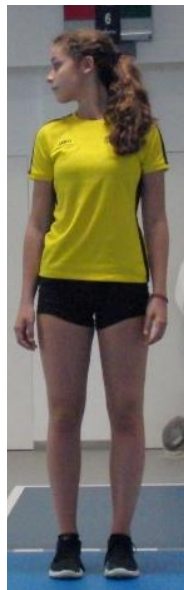
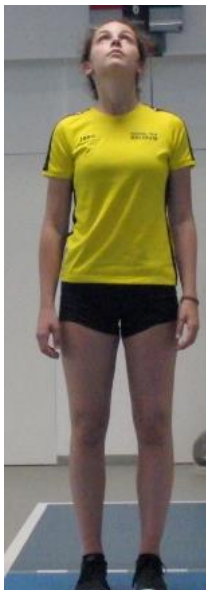
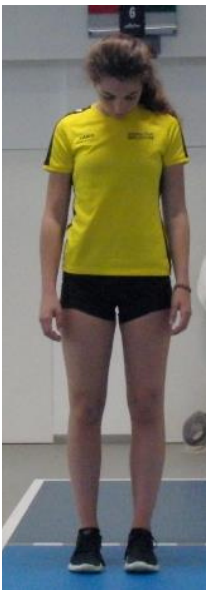
Pols buigers



Pols strekkers



Nek



**Statisch stretchen op
einde sportactiviteit:**

- ⦿ 1 x 30 seconden
per spiergroep

**Statisch stretchen los
van sportactiviteit om
leniger te worden:**

- ⦿ 2 x 60 seconden
per spiergroep