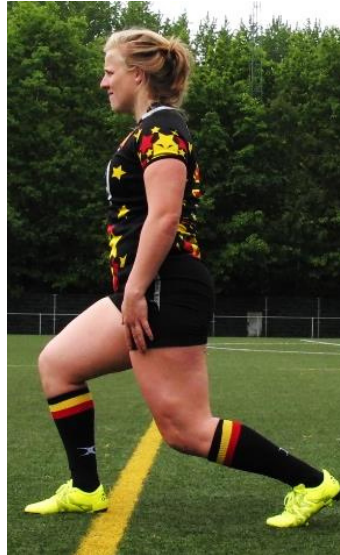


**Oppervlakkige  
kuitspier**



**Diepe  
kuitspier**



**Quadriceps**



**Hamstrings**



**Hamstrings**



**Heupbuigers**



**Heup adductoren**



**Scheenbeen**



**Statisch stretchen op  
einde sportactiviteit:**

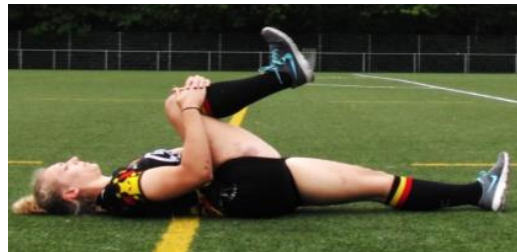
- ⌚ 1 x 30 seconden  
per spiergroep

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

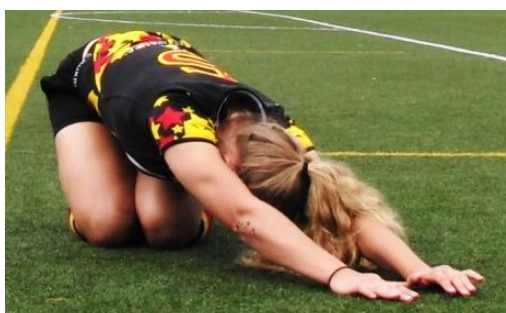
- ⌚ 2 x 60 seconden  
per spiergroep



## Bil



## Rug



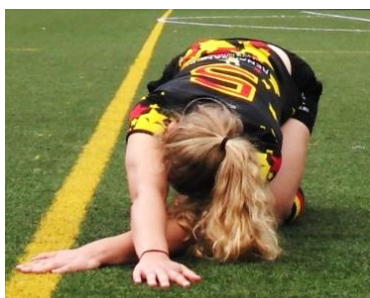
## Borst



## Schouder



## Schouder



## Biceps



## Triceps



Statisch stretchen op  
einde sportactiviteit:

- ⌚ 1 x 30 seconden  
per spiergroep

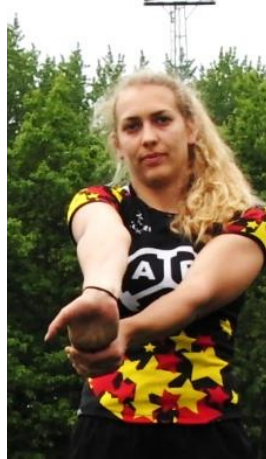
Statisch stretchen los  
van sportactiviteit om  
leniger te worden:

- ⌚ 2 x 60 seconden  
per spiergroep

**Vingers**



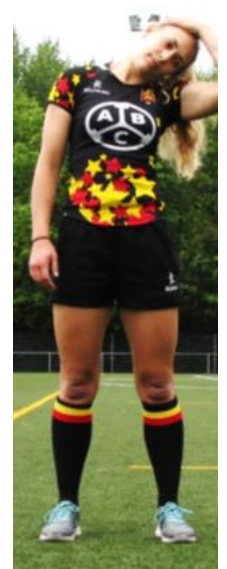
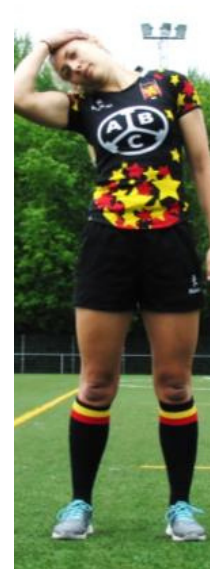
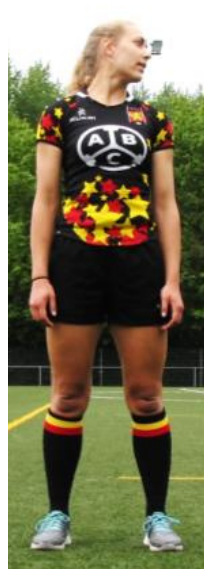
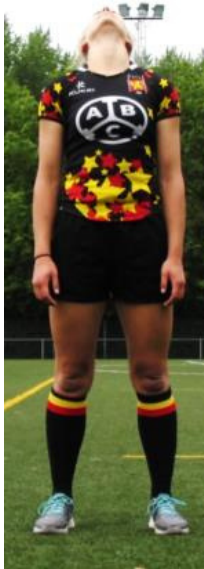
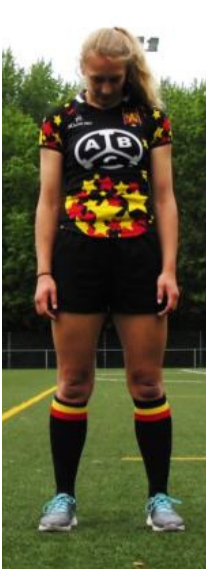
**Pols buigers**



**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