

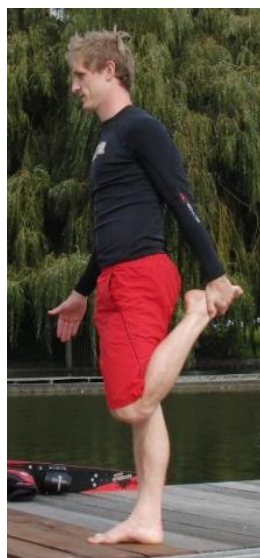
**Oppervlakkige
kuitspier**



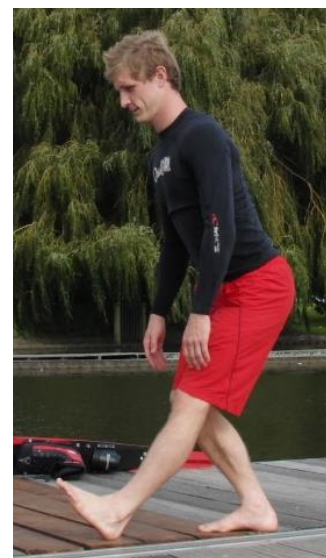
**Diepe
kuitspier**



Quadriceps



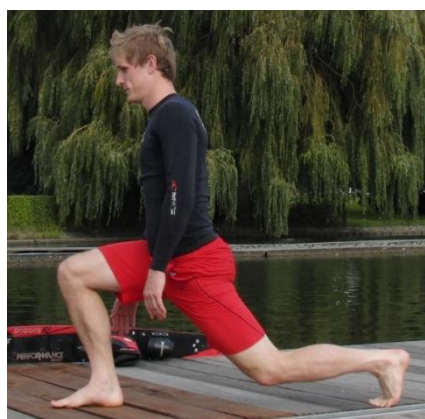
Hamstrings



Scheenbeen



Heupbuigers



Heup adductoren



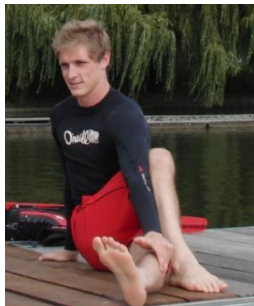
**Statisch stretchen op
einde sportactiviteit:**

- ⌚ 1 x 30 seconden
per spiergroep

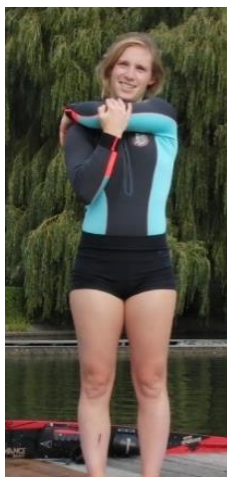
**Statisch stretchen los
van sportactiviteit om
leniger te worden:**

- ⌚ 2 x 60 seconden
per spiergroep

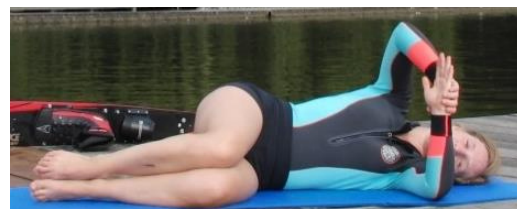
Bil



Rug



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



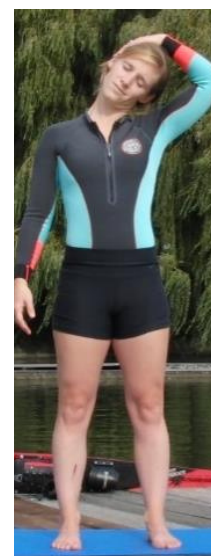
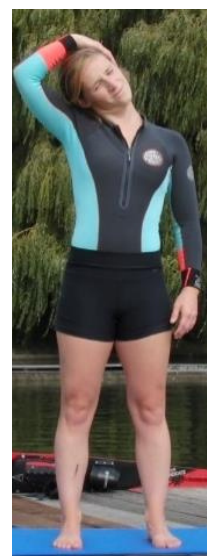
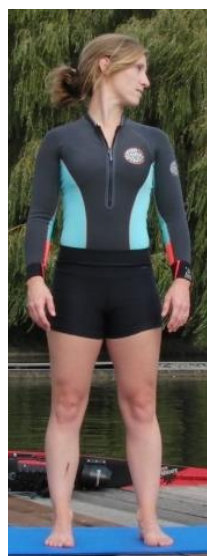
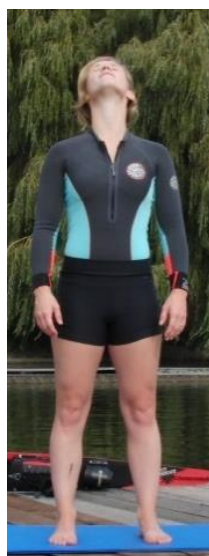
Pols buigers



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