

**Oppervlakkige kuitspier**



**Diepe kuitspier**



**Hamstrings**



**Quadriceps**



**Heupbuigers**



**Adductoren (bovenbeen)**



Statisch stretchen op einde sportactiviteit:

- ⦿ 1 x 30 seconden per spiergroep

**Bil**



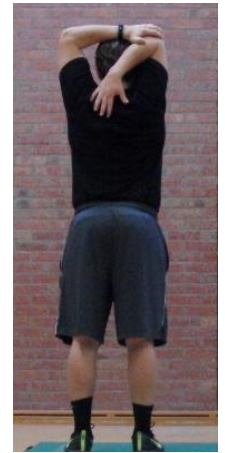
**Bil**



Statisch stretchen los van sportactiviteit om leniger te worden:

- ⦿ 2 x 60 seconden per spiergroep

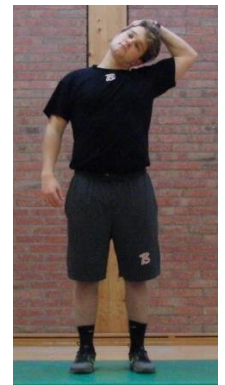
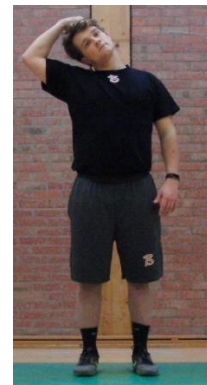
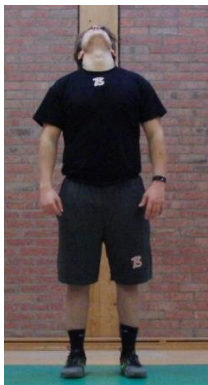
**Triceps**



**Rug**



**Nek**



**Pols buigers**



**Pols strekkers**



**Statisch stretchen op  
einde sportactiviteit:**

- ⌚ 1 x 30 seconden  
per spiergroep

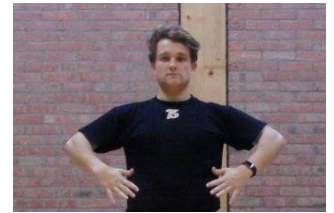
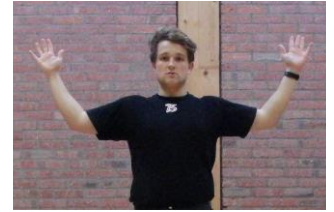
**Statisch stretchen los  
van sportactiviteit om  
leniger te worden:**

- ⌚ 2 x 60 seconden  
per spiergroep

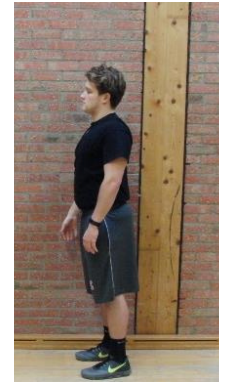
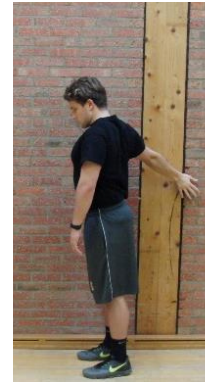
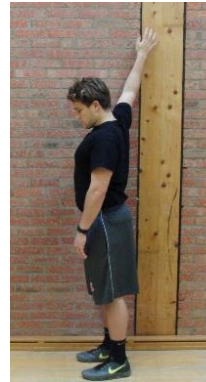
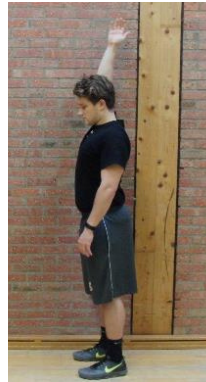
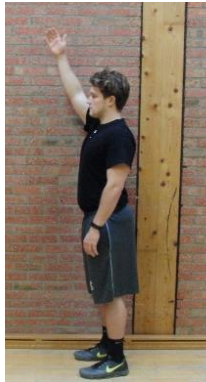
**Schouder 1**



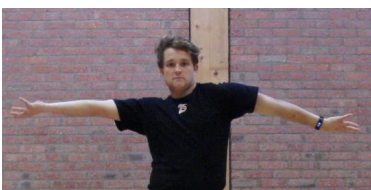
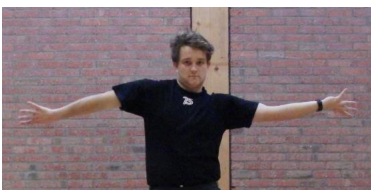
**Schouder 2  
(dynamisch)**



**Schouder 3**



**Schouder 4**



**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