

**Oppervlakkige  
kuitspier**



**Diepe kuitspier**



**Hamstrings**



**Quadriceps**



**Heupbuigers**



**Scheenbeen**



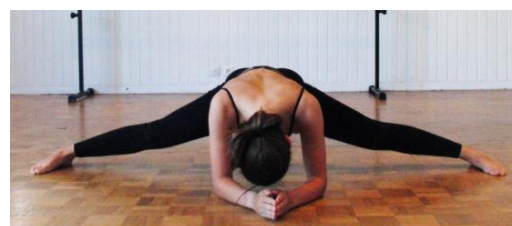
**Statisch stretchen op  
einde sportactiviteit:**

- ⌚ 1 x 30 seconden  
per spiergroep

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

- ⌚ 2 x 60 seconden  
per spiergroep

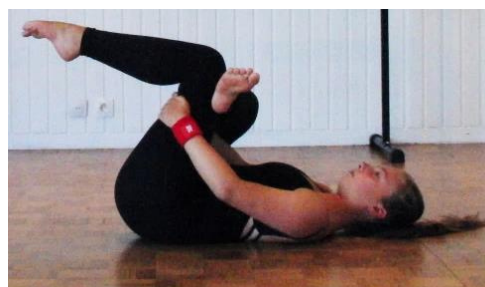
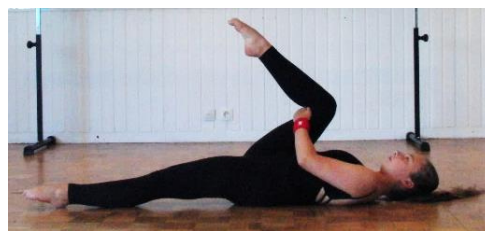
**Adductoren (bovenbeen)**



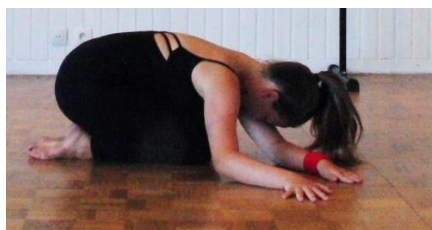
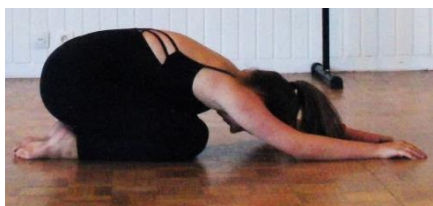
**Bil**



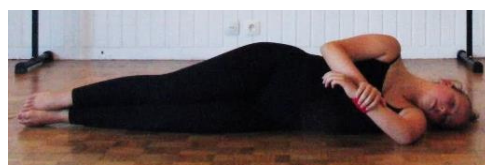
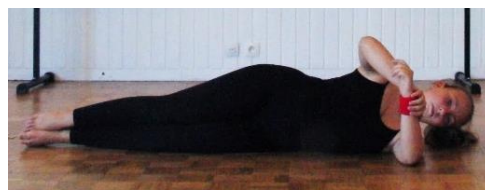
**Bil/onderrug**



**Rug**



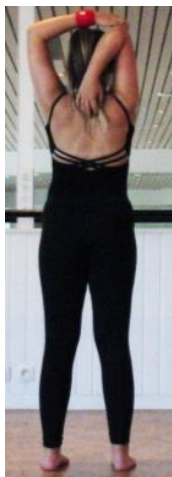
**Schouder**



**Schouder**



**Triceps**



**Borst**



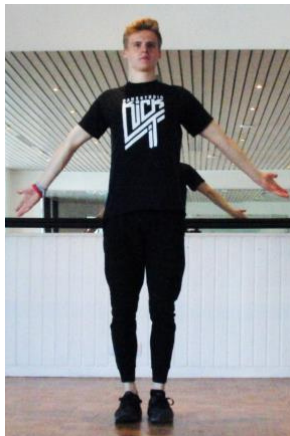
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- ⌚ 1 x 30 seconden  
per spiergroep

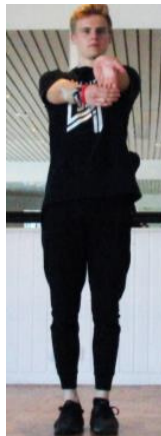
**Statisch stretchen los  
van sportactiviteit om  
leniger te worden:**

- ⌚ 2 x 60 seconden  
per spiergroep

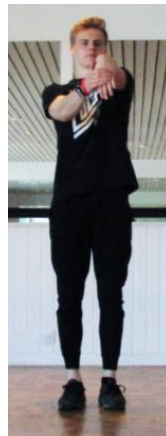
**Biceps**



**Onderarm  
(onderkant)**



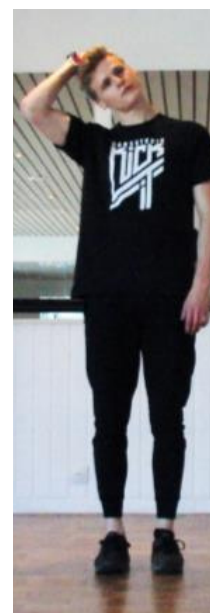
**Onderarm  
(bovenkant)**



**Vingers**



**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