

**Oppervlakkige  
kuitspier**



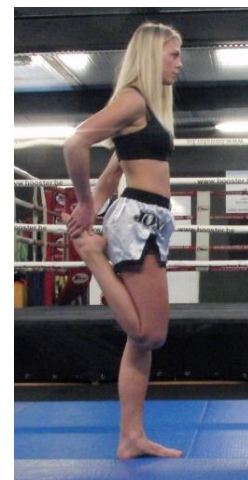
**Diepe kuitspier**



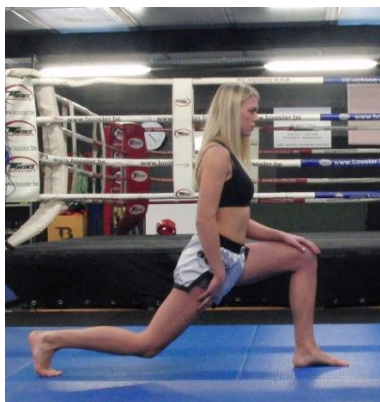
**Hamstrings**



**Quadriceps**



**Heupbuigers**



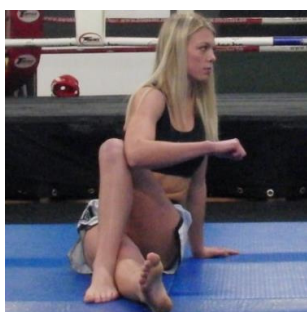
**Adductoren  
(bovenbeen)**



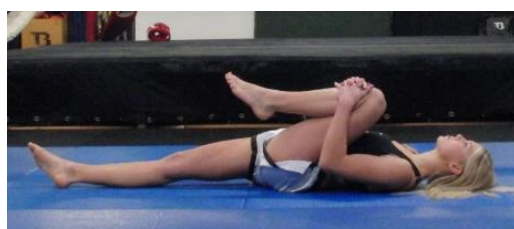
**Statisch stretchen op  
einde sportactiviteit:**

- ⦿ 1 x 30 seconden  
per spiergroep

**Bil**



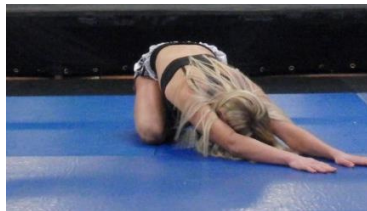
**Bil**



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

- ⦿ 2 x 60 seconden  
per spiergroep

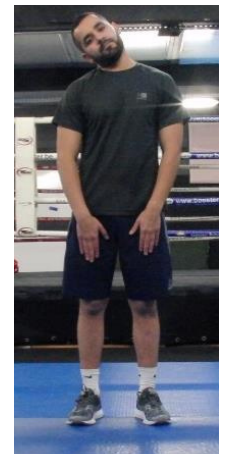
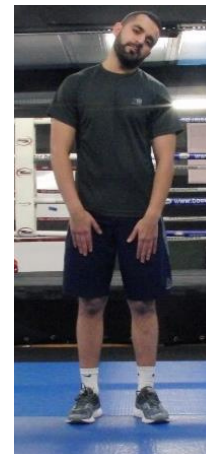
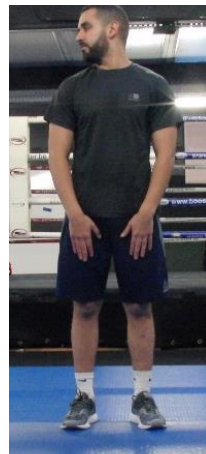
## Rug



## Schouders



## Nek



## Triceps



## Vingers



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