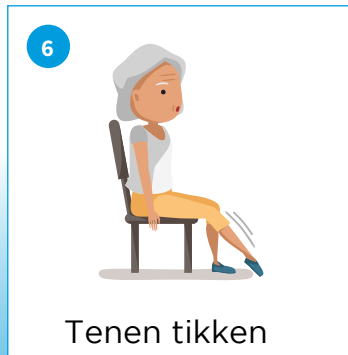
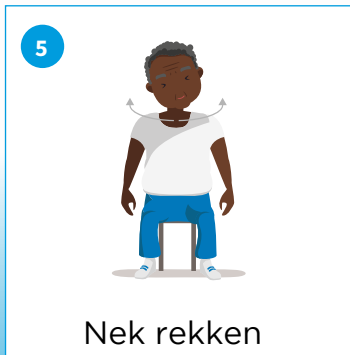
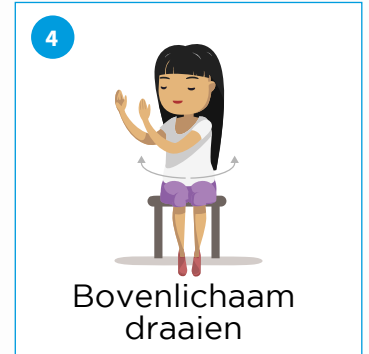
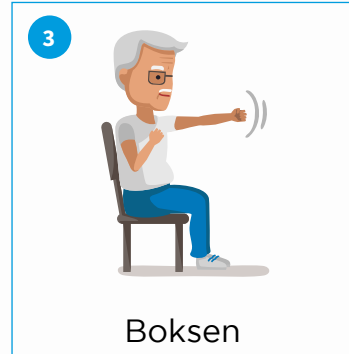
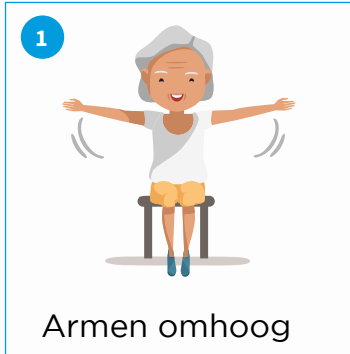


Samen thuis bewegen!

Start met 3x per been of arm. Train in de weken erna en bouw het rustig op naar 5, 10 en eventueel 20 keer per been of arm.



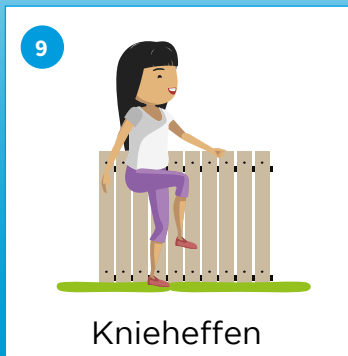
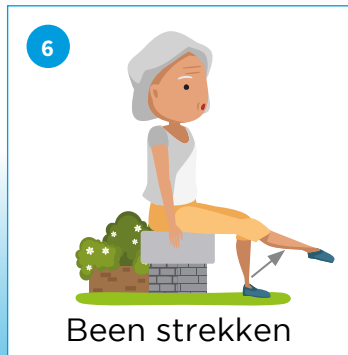
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Buiten bewegen!

Doe deze oefeningen tijdens een wandeling.

Start met 3x per been of arm. Train in de weken erna en bouw het rustig op naar 5, 10 en eventueel 20 keer per been of arm.



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