

| | | | |
|------|------------|------------|------------|
| JONI | 28.02.21 | 07.03.21 | 14.03.21 |
| | Resultaten | Resultaten | Resultaten |

VITHOUDING

| | | | |
|----------------------------|----------|--|--|
| Oefening 1 BEEPTTEST | 8 min 30 | | |
| Oefening 2 TOUWSPRINGEN | | | |

| | | | |
|--------------------------|--|----|-----------|
| Oefening 3 TIK-SJOT | | 55 | L:65 R:50 |
| Oefening 4 HORDELOPEN | | | 8 |
| Oefening 5 HIGH KNEES | | | 94 |
| Oefening 6 DUURLOOP | | | |

REACTIEVERMOO

| | | | |
|---|-----|-----|-----|
| Oefening 7 ACTIE-REACTIE MET TENNISBALLEN | 8 | 8 | 15 |
| Oefening 8 OOG_HAND COORDINATIE | | | |
| Oefening 9 REACTIESENSOR | | | |
| SNELHEID | | | |
| Oefening 10 SNELHEIDS REACTIE | 200 | 166 | 215 |

| | | | |
|-------------------------------------|----|----|--|
| Oefening 11 ZIJDELINGS SPRINGEN | 30 | 40 | |
| Oefening 12 TRAPLOPEN PARCOURS | 6 | 7 | |
| Oefening 13 SPRINT TUSSEN KEGELS | | | |
| Oefening 14 BALLEN HALEN | | | |
| Oefening 15 PARACHUTE SPRINT | | | |

BEENSPIEREN

Oefening 16
JUMP SQUAT

Oefening 17
TOE TAPS

160

177

ARMSPIEREN

Oefening 18 ARMPower

L1/R2
60 sec

L1/R2
60 sec

| | | | |
|------------------------------------|--|--|--|
| Oefening 19 MEDICINEBAL MUUR | | | |
| Oefening 20 PUSH-UP | | | |

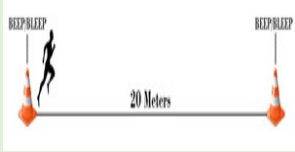
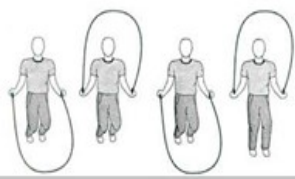
BEHENDIGHEI

| | | | |
|---|--|--|--|
| Oefening 21 LADDERLOPEN | | | |
| Oefening 22 KEGELS ZIJDELINGS AANTIKKEN | | | |

| | | | |
|---|--|-----|----|
| Oefening 23 ZIJDELINGS SPRINGEN IN HOEPELS | | 124 | 45 |
| Oefening 24 STAARTJETREK | | | |
| Oefening 25 MEDICINEBAL ACHTJES MAKEN | | | |

| | | |
|------------|------------|--|
| 21.03.21 | 28.03.21 | |
| Resultaten | Resultaten | |

4)

| | | |
|-----|-----|---|
| | |  |
| 139 | 157 |  |

L:64 R:66



12





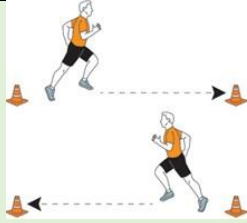

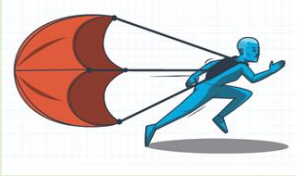
180

158





GEN


| | | |
|----|----|---|
| | |  |
| 11 | 22 |  |
| | |  |
| | |  |



| | | |
|----|----|---|
| | 40 |  |
| | |  |
| 15 | 12 |  |
| | |  |
| | |  |



| | | |
|--|----|---|
| | 17 |  |
| | |  |



| | | |
|--|-----------------|---|
| | L2/R3 60 sec |  |
|--|-----------------|---|

| | | |
|--|----|---|
| | |  |
| | 41 |  |

ID

| | | |
|--|--|---|
| | |  |
| | |  |

44

