

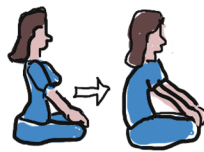


1

Wisselende
neusademhaling



15 Naar je hart 



2

Rugflex



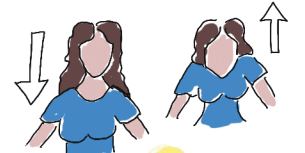
3

Soefidraai



4

Torsotwist



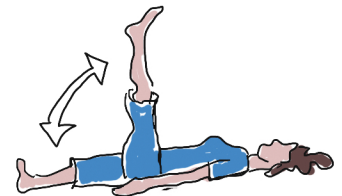
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Schouders



6

Nek



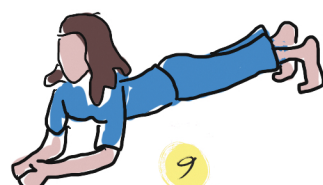
7

Benen liften



8

Kat-koe



9

Plank



10

Triangel



11

Boogschutter



13

Kikker



12

Boom



14

Rups

