

Rene Wormhoudt ASM (Core) Stability Training



A1

Core Stability
(Kracht en Houding)



2 maal sec.

A2

Flexibility



Iedere positie 3 sec
vasthouden, 2x
 herhalingen

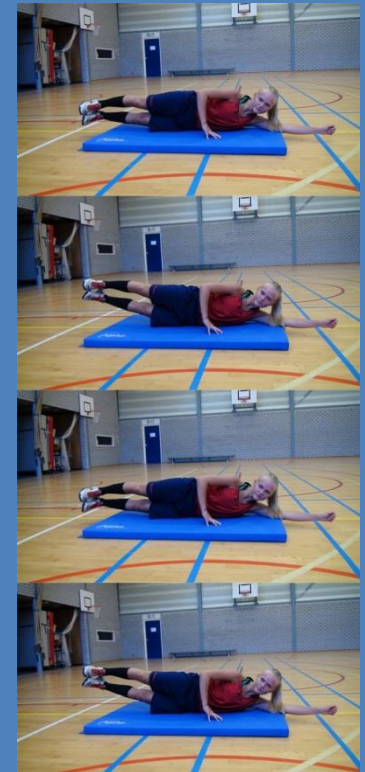
B1

Stability (Kracht en Balans)



2 maal sec.

B2



2x
herhalingen

C1

Stability (Balans en Houding)

C2



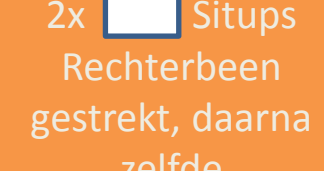
2 x herhalingen
Rechts/Links

Iedere positie 3 sec
vasthouden,
2x herhalingen
Rechts/Links

D1

Stability (Kracht)

D2



2x Situps
Rechterbeen
gestrekt, daarna
zelfde
Linkerbeen

Rechts/Links is
1 maal, 2x
 herhalingen

E1

Stability (kracht
en Balans)



2x herhalingen

E2

Stability (Kracht)



2x herhalingen