

Rene Wormhoudt ASM

Agility01 (stability/agility) Agility02 (stability/agility/flexibility)



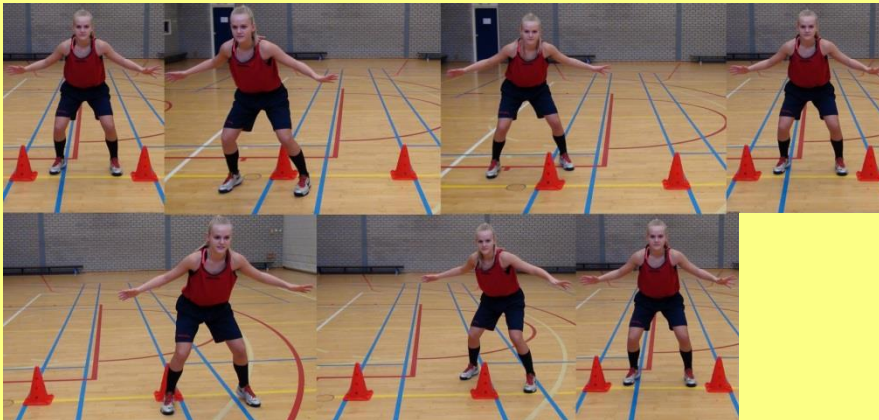
L en R is 1 serie: 2x3 series,
30 sec rust



[Video](#)

L en R is 1 serie, 2x3 series, 30 sec rust

Agility03 (stability/agility/speed)



[Video](#)

5x 8 sec, 30 sec rust
8x 20 sec, 10 sec rust voor endurance



Voor- en achterwaarts

[Video](#)

Met basketball: [Video](#)

Endurance 01 (stability/power/endurance)

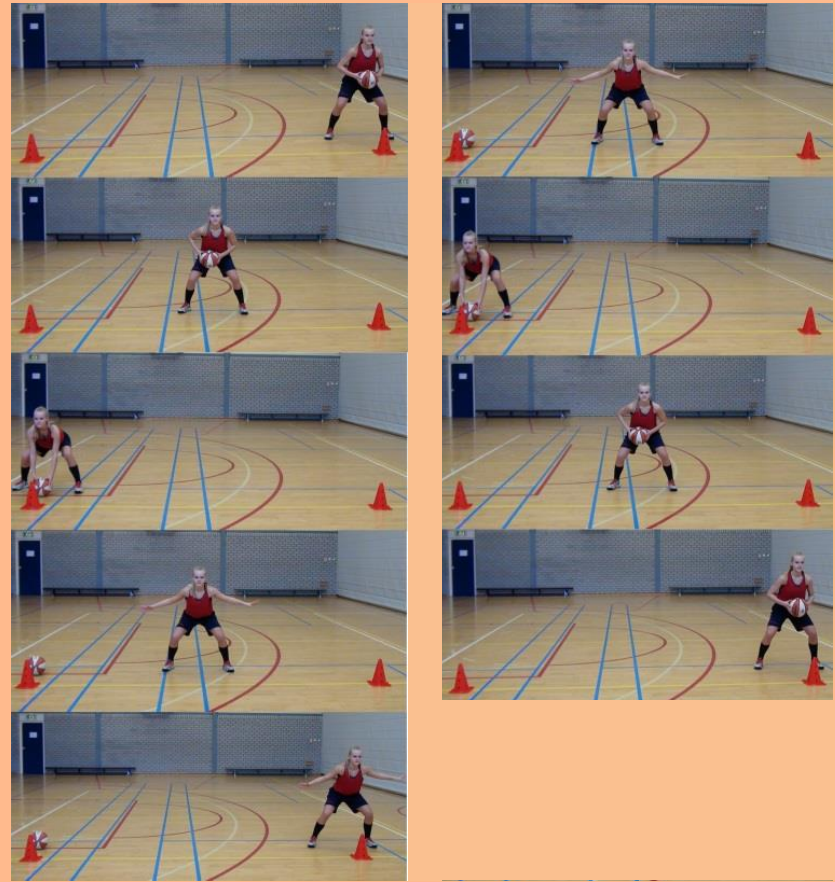


[Video](#) 2x 5 naar 2x10, 2 min rust



Met schot na 2x

Endurance 02 (stability/endurance)



8x 20 sec, 10 sec rust