



Buurtsport

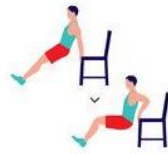


Opdracht blad Sport oefeningen

Welke kies jij?



15 Jumping
Jacks



15 Tricep
oefeningen



10x Op en af



10 Push ups



20 Squats



15x
Buikspieren