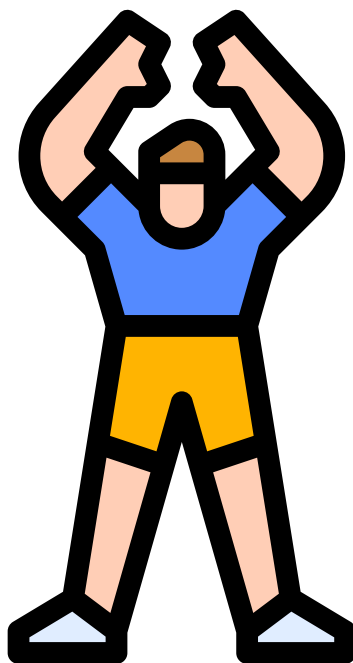




JUMPING JACKS



30 SECONDEN





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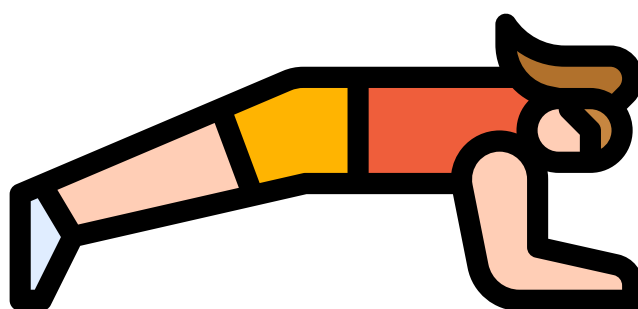


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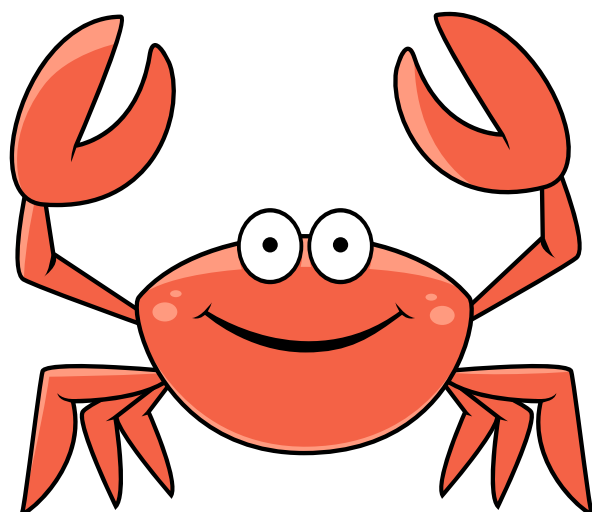


**HOUD DIT ZO LANG
MOGELIJK VOL**





KRABBENRACE

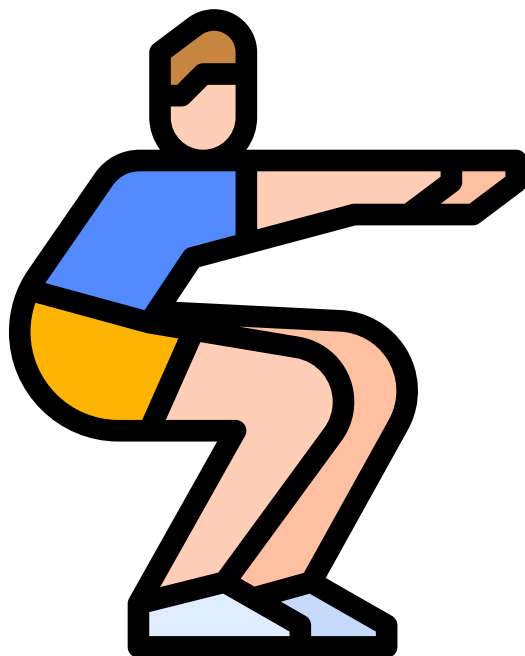


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SQUATS

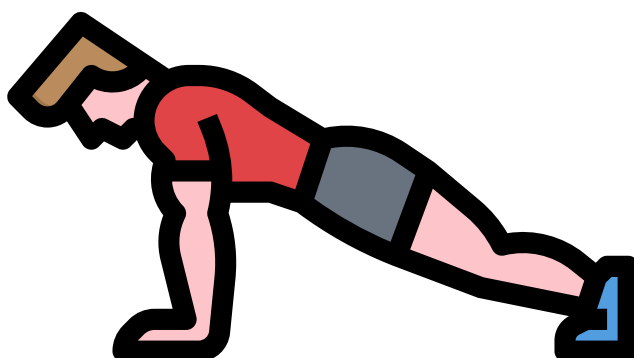


30 SECONDEN





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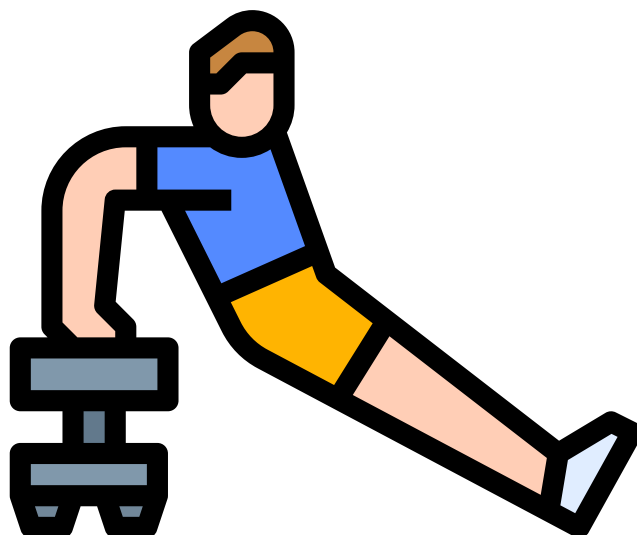


30 SECONDEN





DIPS



30 SECONDEN





SPRINT

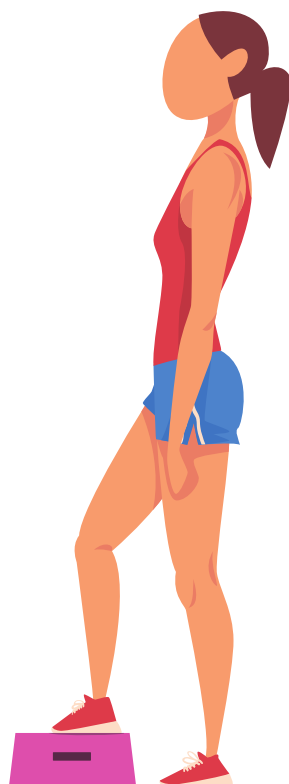


30 SECONDEN





STEPS

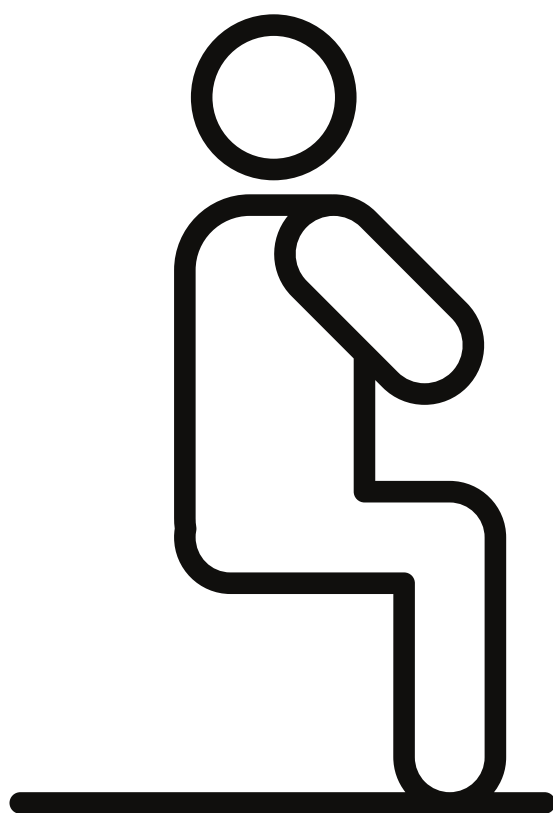


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WALL SIT

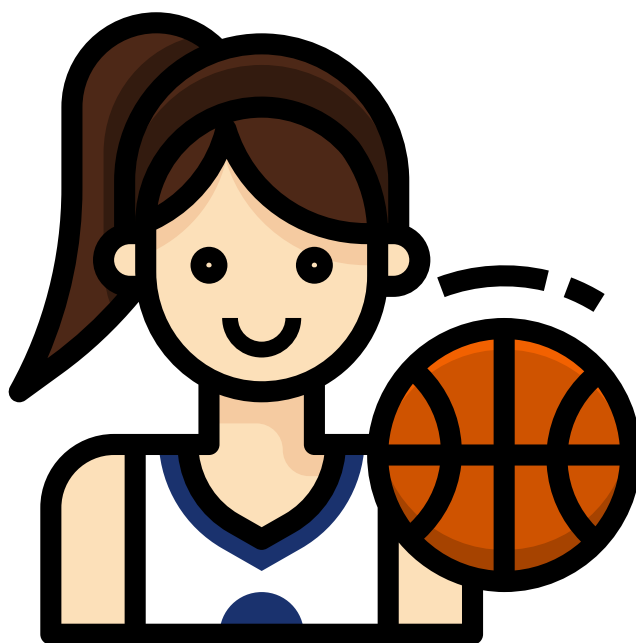


**HOUD DIT ZO LANG
MOGELIJK VOL**





BAL GOOIEN



30 SECONDEN





TOWWTJE SPRINGEN

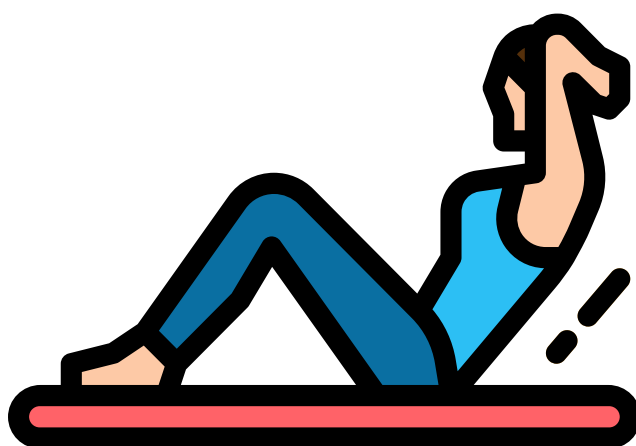


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SIT UPS

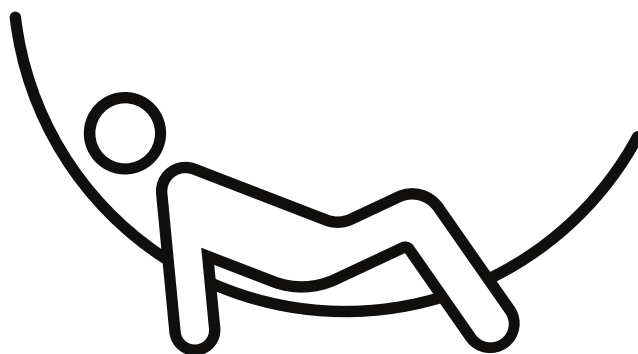


30 SECONDEN





PAUZE

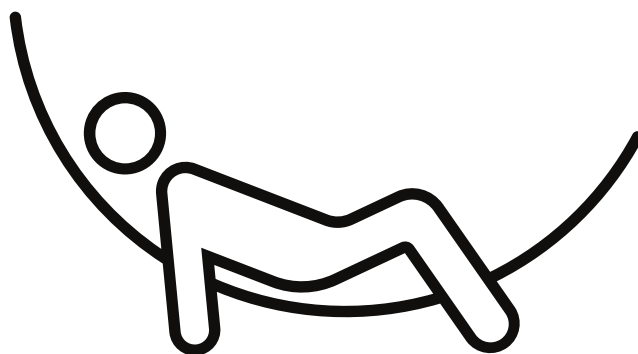


60 SECONDEN





PAUZE



60 SECONDEN

