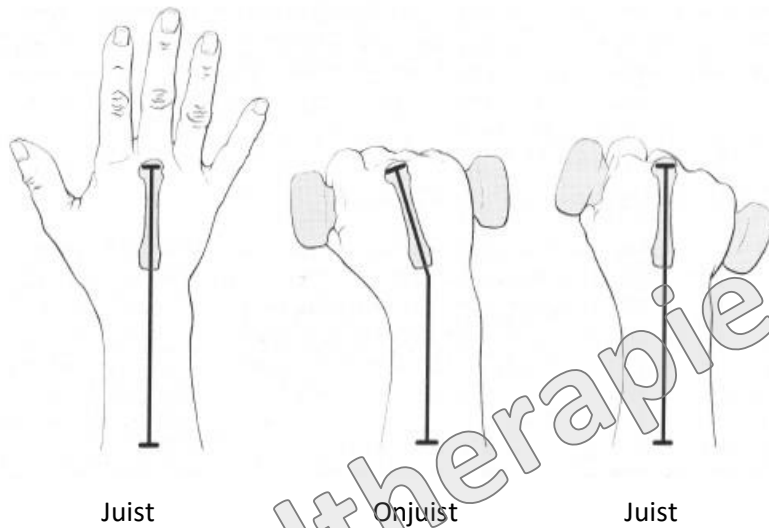
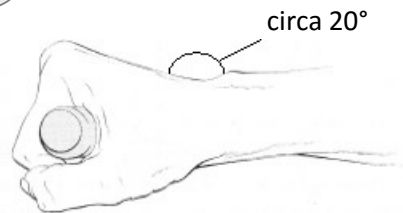


## Pols stabilisatie - houding

### □ Bovenaanzicht



### □ Zijaanzicht



### Oefeningen

□

□

□

□

Frequentie:

Aantal herhalingen per oefening: