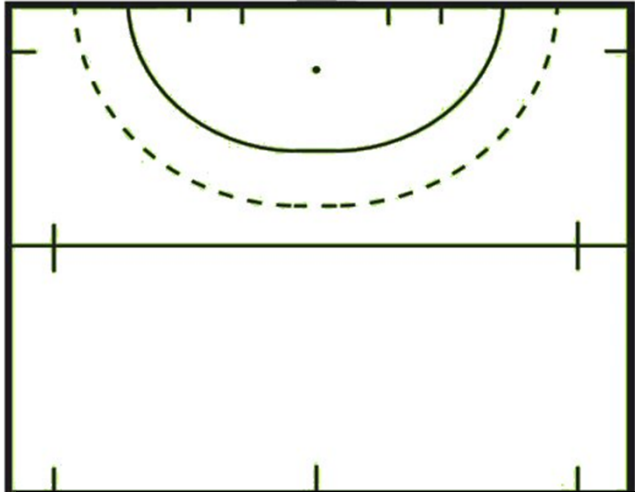


**Organisatie**

**Warming-up** (..... min)

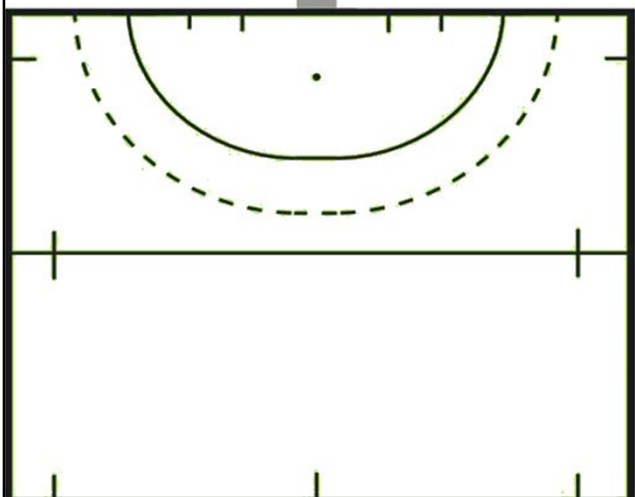


**Aanwijzingen**

**Differentiatie**

**Organisatie**

**Oefening 1** (..... min)

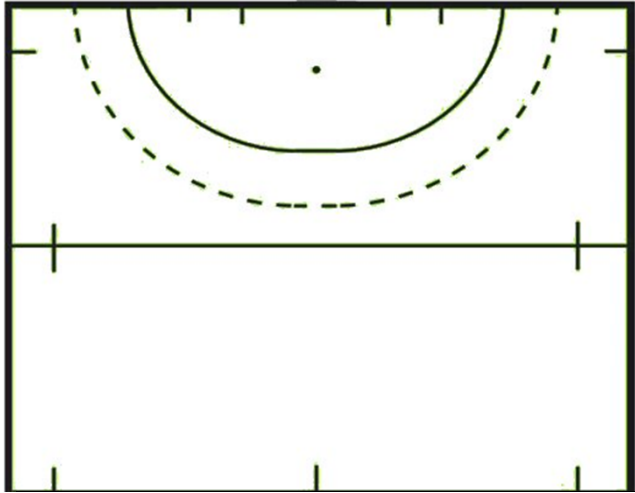


**Aanwijzingen**

**Differentiatie**

**Organisatie**

**Oefening 2** (..... min)

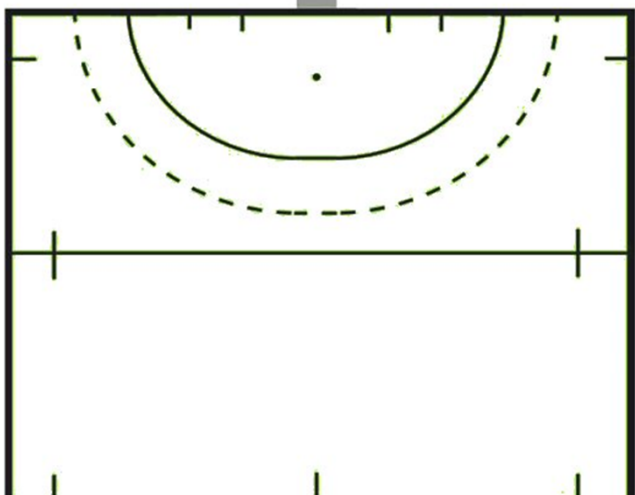


**Aanwijzingen**

**Differentiatie**

**Organisatie**

**Oefening 3** (..... min)



**Aanwijzingen**

**Differentiatie**