

4

oefeningen
voor
hardlopers

WEEK 9

athleticpoint

FOR TOTAL RUNNING



athleticpoint

FOR TOTAL RUNNING

WEEK 9

10 a 15 reps



9

Squat Side Kick

10

Bridge

11

Prone Leg Lift

12

Forward Lunges



Squat Side Kick



6



Bridge

10



Prone Leg Lift Alternated

11

Forward Lunges



12