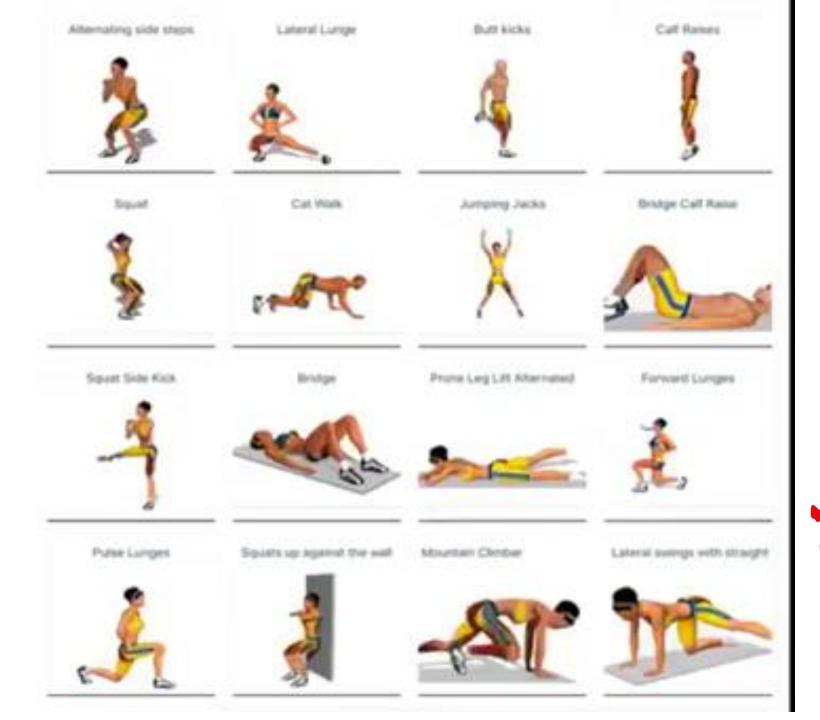
int Ptic RUNNING



4 oeteningen voor hardlopers

WEEK 9

CELECTIONRUNNING athle FOR TOTAL



Z

WEEK 9

10 a 15 reps



9 Squat Side Kick

10 Bridge

11 Prone Leg Lift

12 Forward Lunges



Squat Side Kick









Prone Leg Lift Alternated









Forward Lunges

