

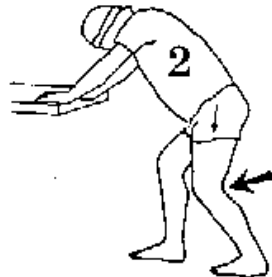
# KBBC VATANA BERINGEN

[www.vatanaberingen.be](http://www.vatanaberingen.be)

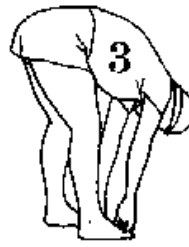
Stretch nooit voor de warming up, steeds erna!



40 seconden  
elk been



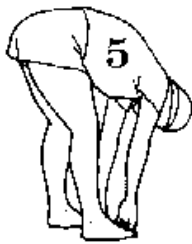
15 seconden  
elk been



30 seconden



20 seconden



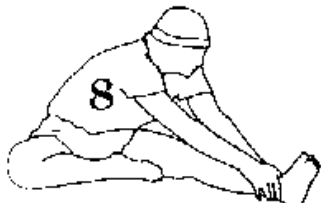
30 seconden



15 maal  
elke richting



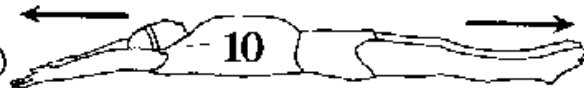
30 seconden  
elk been



30 seconden  
elk been



40 seconden



3 maal  
5 seconden



60 seconden



25 seconden  
elke kant