

Total Body Workout voor mensen met een verstandelijke beperking (RESID*)

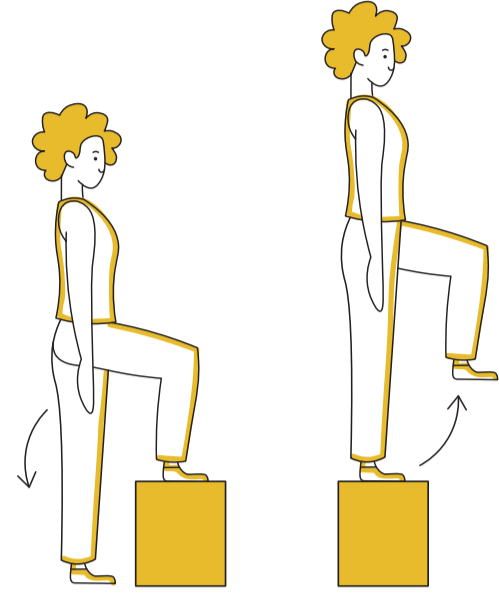
7 oefeningen voor sterke spieren en botten

OEFENINGEN

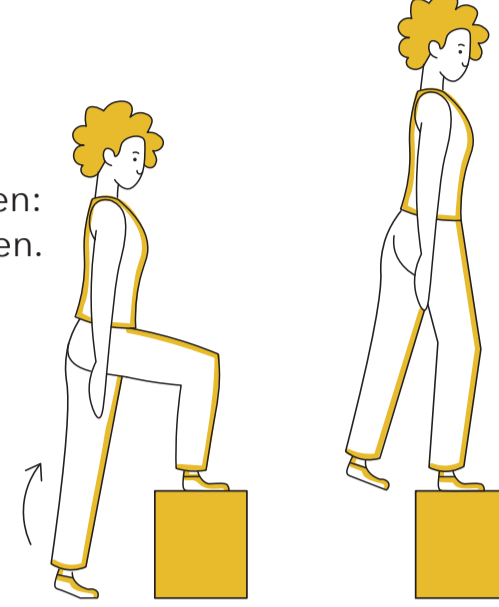
ALTERNATIEVEN

SPIERGROEPEN

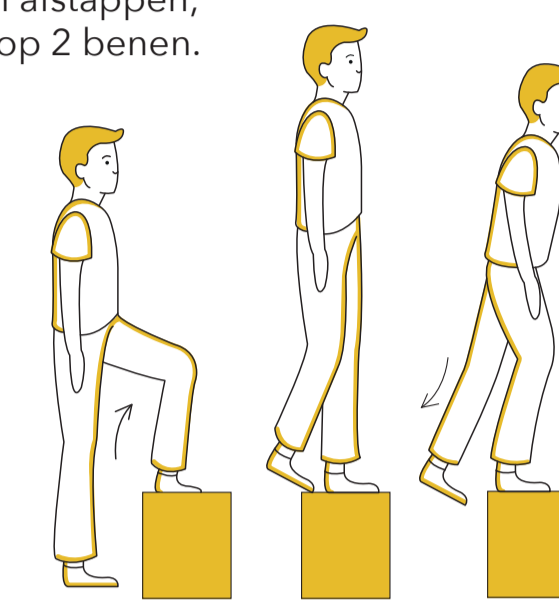
STEP UP



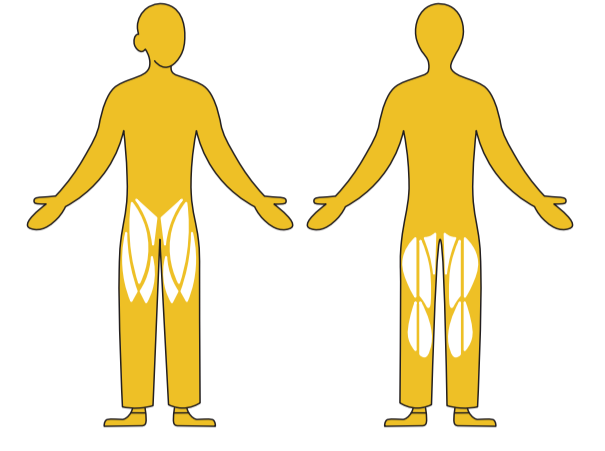
Knie niet optrekken: wel staan op 1 been.



Op- en afstappen; staan op 2 benen.

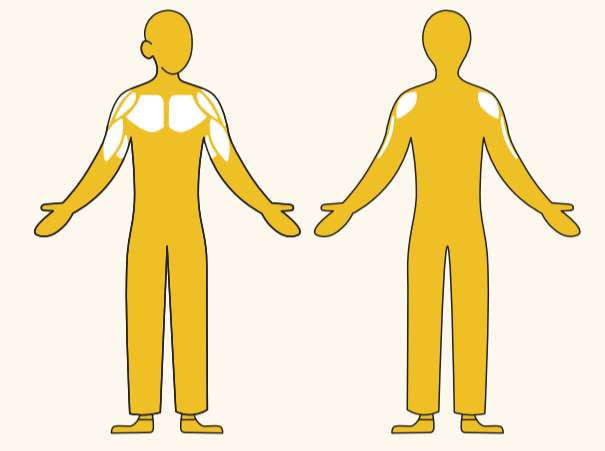
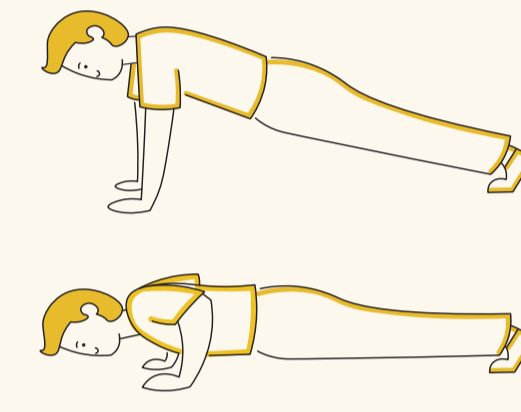
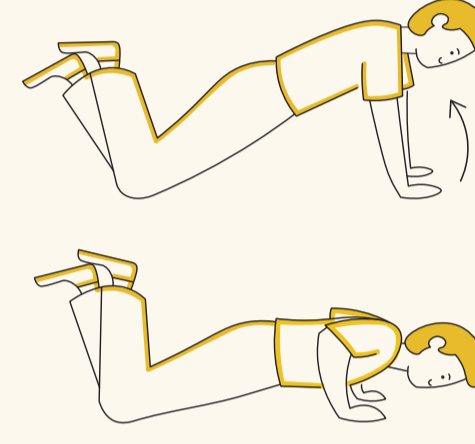
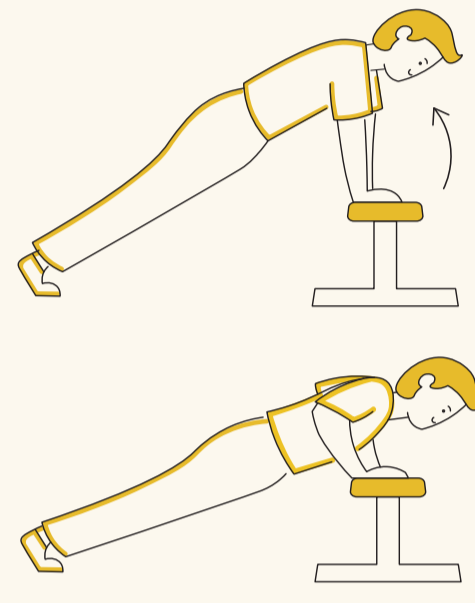
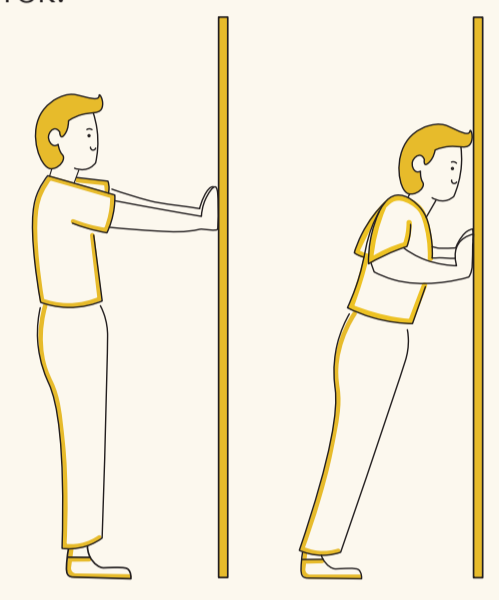


Eventueel met steun aan de muur of wandrek.

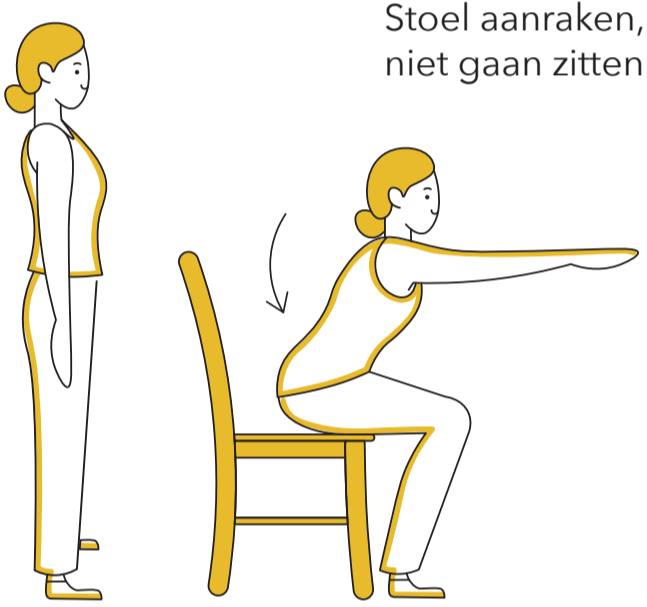


PUSH UP

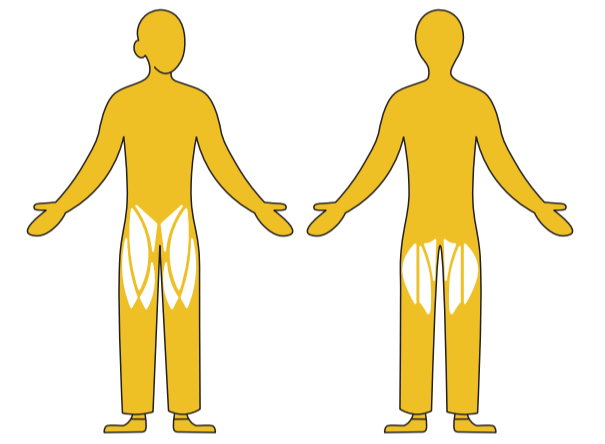
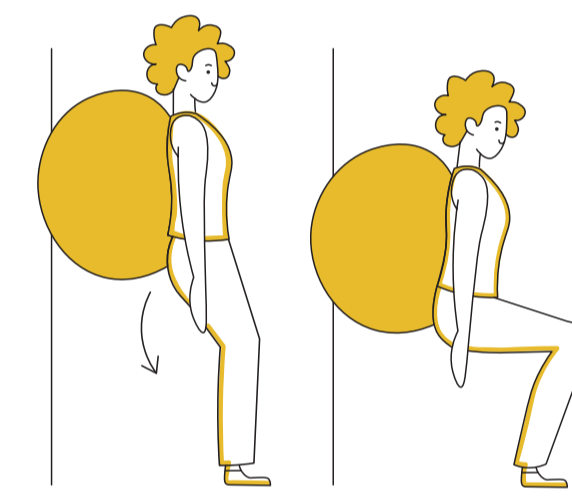
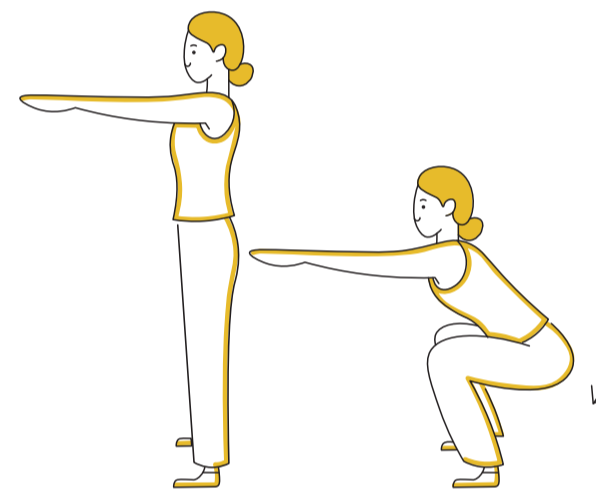
Tegen de muur of wandrek.



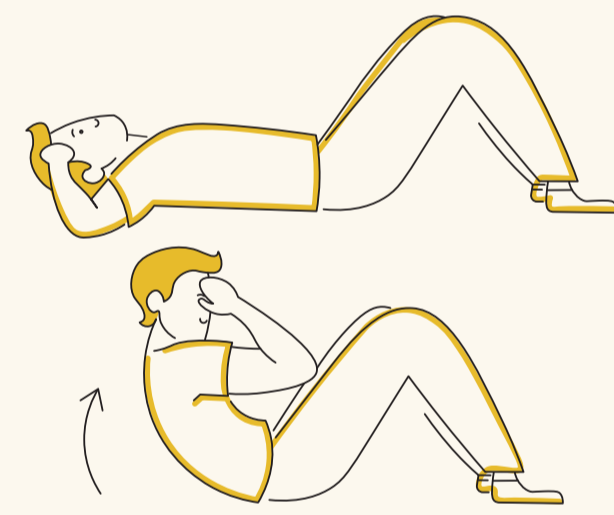
SEATED SQUAT



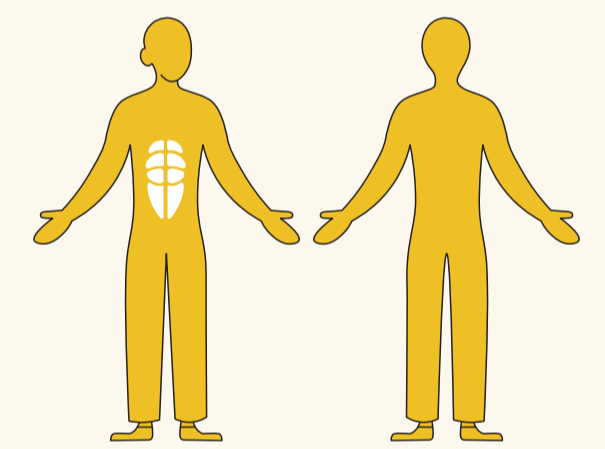
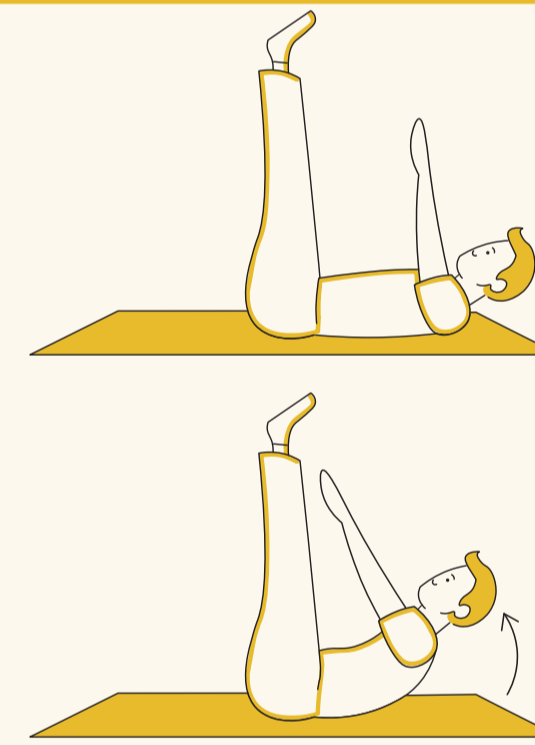
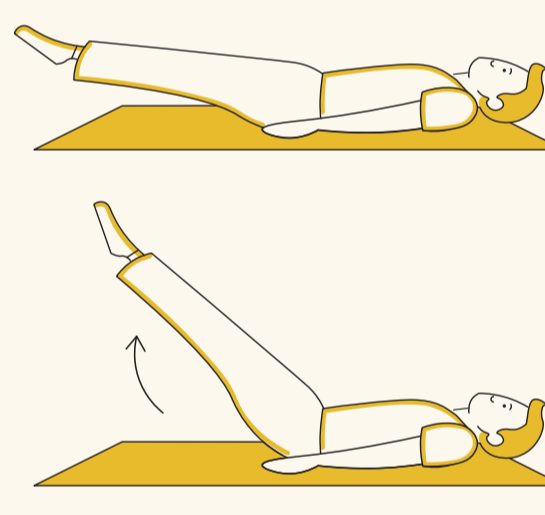
Stoel aanraken, niet gaan zitten.



SIT UP

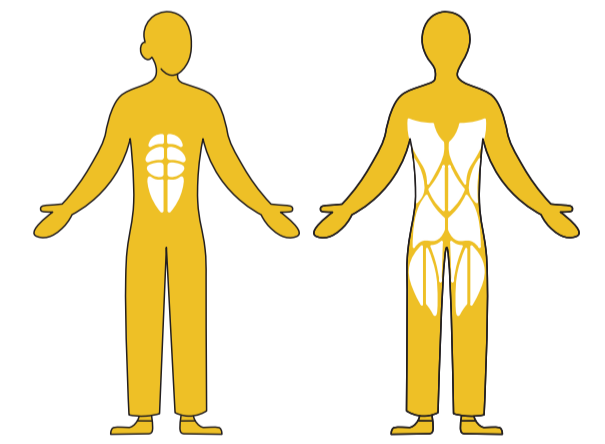
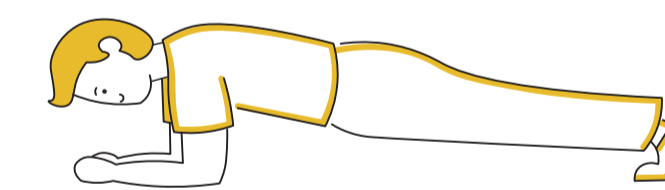
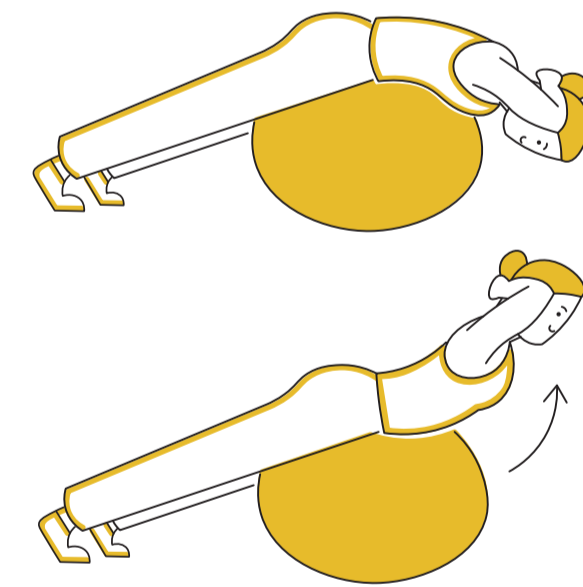
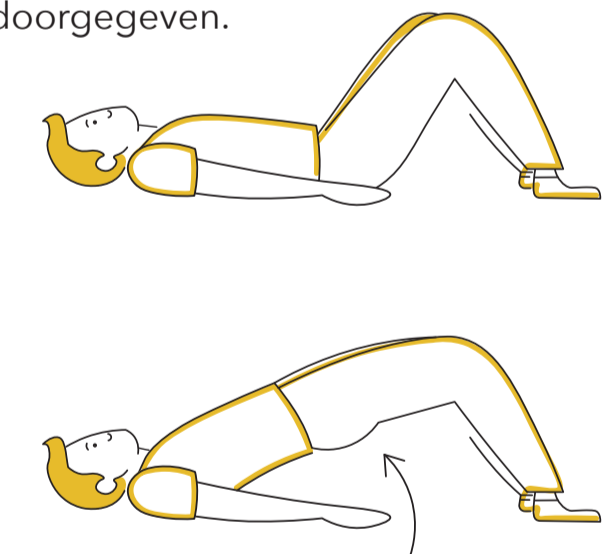


Let op dat de onderug niet hol wordt.



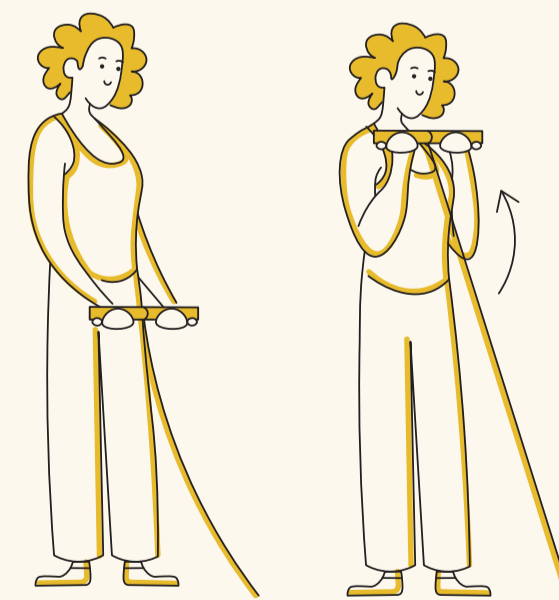
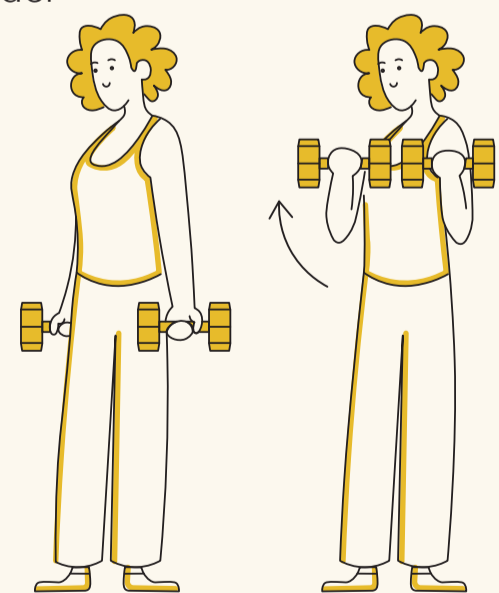
BACK EXTENSION

Een balletje kan onder de billen worden doorgegeven.

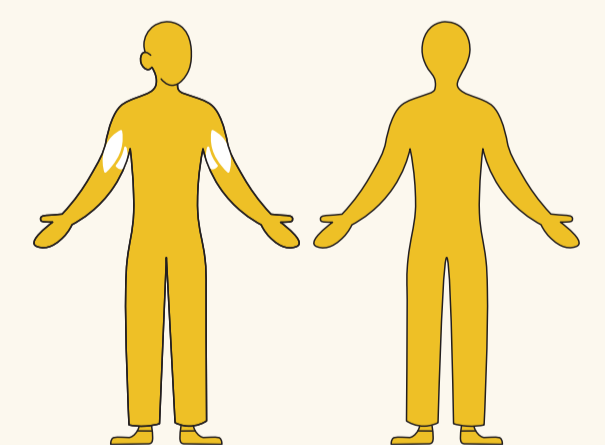
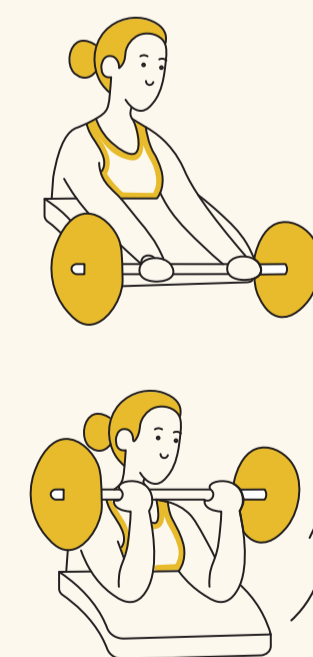


BICEPS CURL

Kan ook zittend in een stoel zonder armleniging.

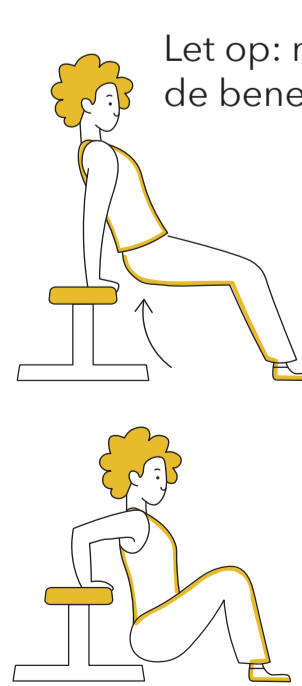
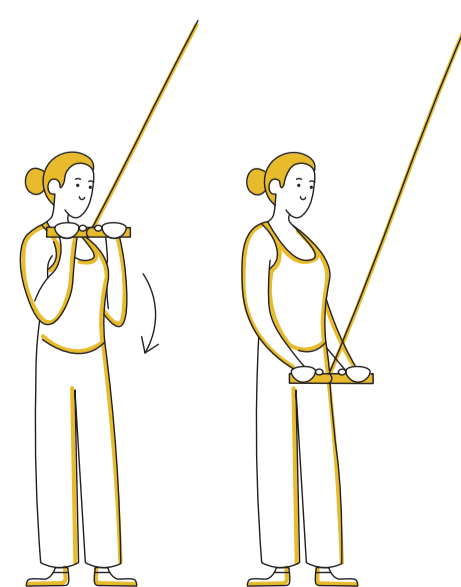
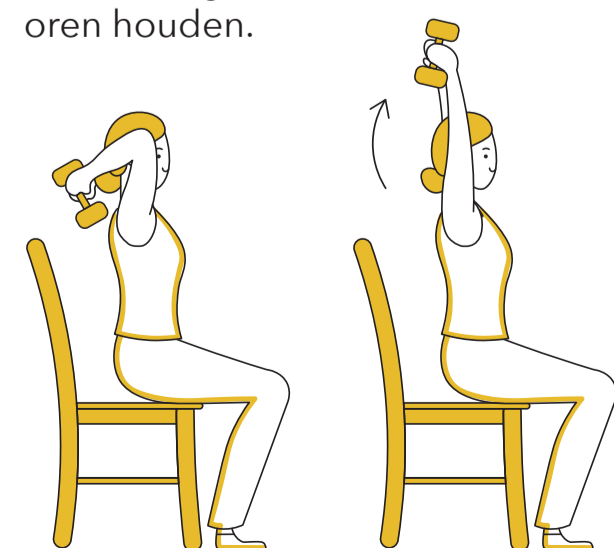


Als er een pully of ander apparaat is.



TRICEPS CURL

Armen langs de oren houden.



Let op: niet met de benen afzetten.

