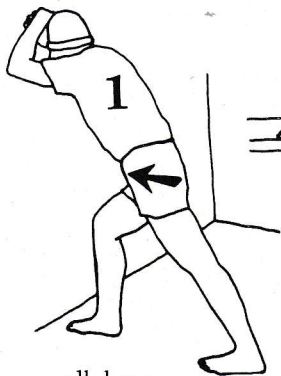
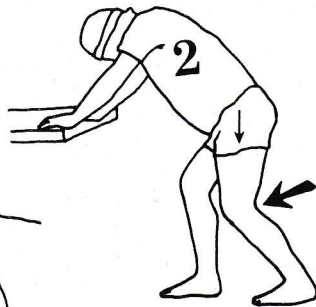


# Voor **Hardlopen**

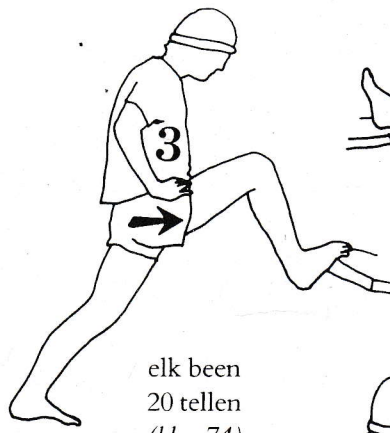
Ongeveer 9 minuten



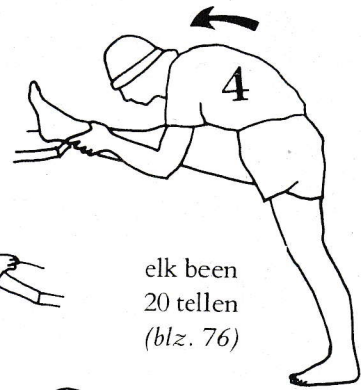
elk been  
30 tellen  
(blz. 72)



elk been  
15 tellen  
(blz. 72)



elk been  
20 tellen  
(blz. 74)



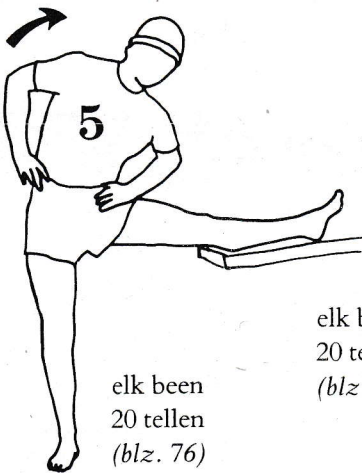
elk been  
20 tellen  
(blz. 76)



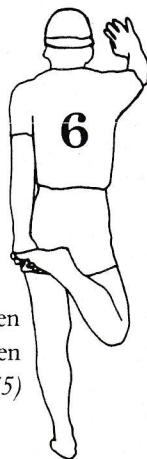
30 tellen  
(blz. 57)



30 tellen  
(blz. 66)



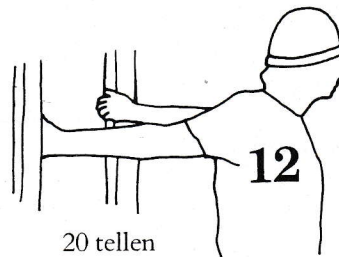
elk been  
20 tellen  
(blz. 76)



elk been  
20 tellen  
(blz. 75)



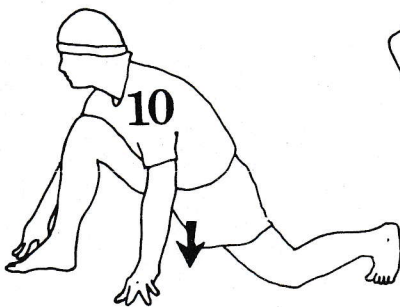
elke kant  
15 tellen  
(blz. 60)



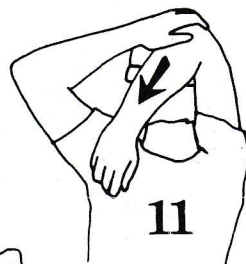
20 tellen  
(blz. 45)



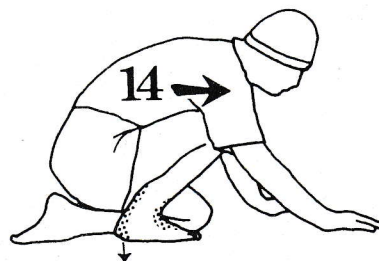
15 tellen  
(blz. 48)



elk been  
20 tellen  
(blz. 49)



elke arm  
15 tellen  
(blz. 42)



elk been  
15 tellen  
(blz. 48)