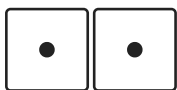
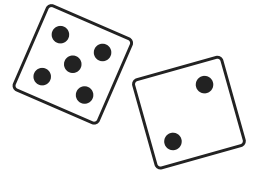


WORKOUT SPEL

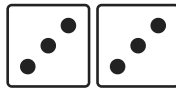
Gooi om de beurt met 2 dobbelstenen.

Doe de oefening en streep deze af.

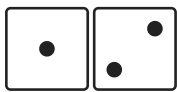
Wie als eerste alle combinaties vol heeft is de winnaar!



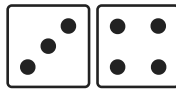
Spring 5 x omhoog



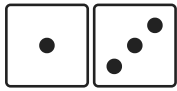
Huppel 5 x naar de gang



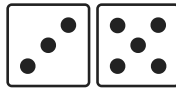
Draai 5 rondjes



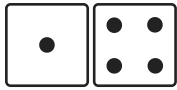
Maak een handstand



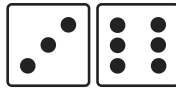
Ren 3 rondjes door de tuin



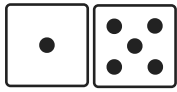
Hinkel 10 x met links



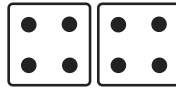
Maak 5 kikkersprongen



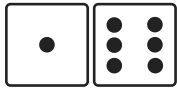
Hinkel 10 x met rechts



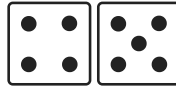
Ren 2 x de trap op en af



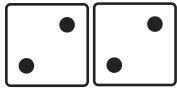
Ren een rondje om het huis



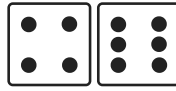
Ren naar de wc en terug



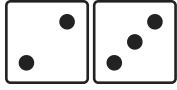
Klim 3 x op de tafel en spring er af



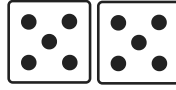
Maak 3 x een koprol



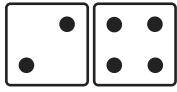
Spring 6 x over een kussen heen



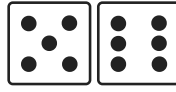
Spring 5 x zo hoog als je kan



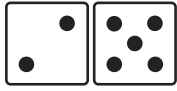
Doe 10 tellen een plank



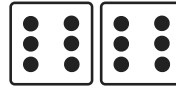
Kruip onder 4 stoelen door



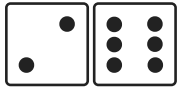
Balanceer 10 tellen op je linker voet



Doe 10 sit ups



Balanceer 10 tellen op je rechter voet



Druk jezelf 6 keer op

