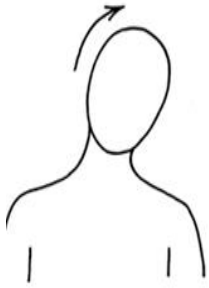
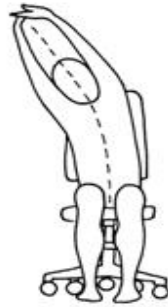


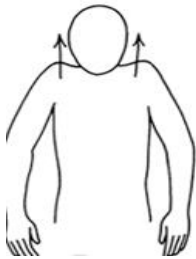
## Rek- en strekoefeningen voor tijdens het werk



rekken nekspieren



uitstrekken beide kanten

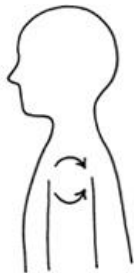


rug

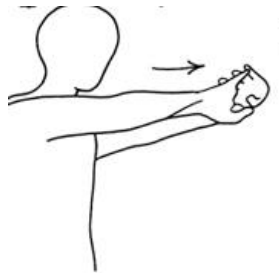
schouders hoog en laag



armen strekken achter



schouders draaien



armen uitstrekken