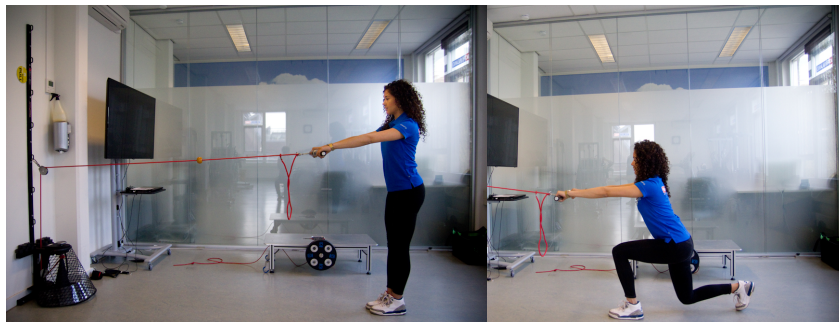


Vliegwielttraining blessurepreventie



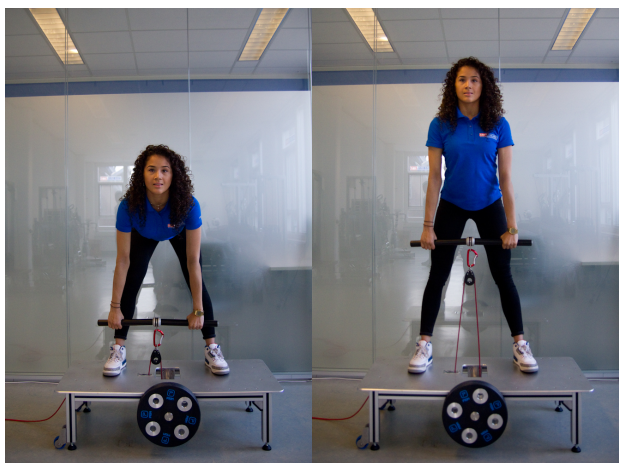
boven: **flywheel pulley lunge**

links: **flywheel box squat**



boven: **flywheel pulley hamstring pull down**

links: **flywheel box single-leg squat**



boven: **flywheel pulley hamstring curl**

links: **flywheel box straight-leg deadlift**

**2 x per week gedurende 6 weken
2 x 8 herhalingen per oefening**

gebaseerd op: Monajati et al. 2018