### **L-sit Variatie.**

### **In deze ronde gaan we ons lichaam in een L-vorm vasthouden. Dus ga naar de optrekstang of naar de parallettes en maak je klaar. Er zijn 4 verschillende variaties om te kiezen. Wees eerlijk welke variatie bij jouw niveau hoort. Hier zijn ze.**[pause strong]

**Starter**.[pause strong] Tuck to L-sit switches. je brengt je knieën omhoog en strekt dan heel even je benen[pause weak] (3 keer tot uiterste).[pause strong]

**Beginner**.[pause strong] Eén been gestrekt L-sit. Een L-zit met 1 been in de lucht. [pause weak](3 keer tot uiterste).[pause strong]

**Gemiddeld**.[pause strong] Klassieke L-sit houding. [pause weak] (3 keer tot uiterste).[pause strong]  
  
**Gevorderd.**[pause strong] L-sit + benen omhoog. Je maakt de L-sit. Houd dit 3 seconde vast en dan til je jouw benen verder omhoog.[pause weak] (4 keer tot uiterste).[pause strong]

[pause strong]

Maak je klaar om jouw gekozen oefening uit te voeren. Hier krijg je in totaal 3 minuten de tijd voor zoals bij elke ronde. Neem dus goed de tijd om je spieren weer tot rust te laten komen. Het is echt niet erg als je in de ronde een variatie lager kiest. Dat mag altijd.

[pause strong] [pause strong]  
[Onthoud,..]   
[pause strong] [pause strong].   
  
Ben je er klaar voor In 3[pause weak] 2[pause weak] 1[pause weak] start.

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] Knap hoor! nog anderhalf minuut te gaan. Denk eraan, het gaat om de controle van de oefening.

[pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong]

[pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

[pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

Echt heel stoer! Maak je klaar voor de volgende ronde. [pause strong] [pause strong]