### **Plank.**

### **In deze ronde gaan we verder met het versterken van de buikspieren en de kern van het lichaam door een plank. Dit is een oefening die je zo lang mogelijk vasthoudt. Daag jezelf en je doorzettingsvermogen uit. Je kunt 4 verschillende variaties kiezen. Wees eerlijk welke variatie bij jouw niveau hoort. Hier zijn ze.**[pause strong]

**Starter.**[pause strong] Plank op je knieen. [pause weak](1 keer tot uiterste).[pause strong]  
  
**Beginner.**[pause strong] Klassieke plank op ellebogen. [pause weak] (1 keer tot uiterste).[pause strong]  
  
**Gemiddeld**.[pause strong] Plank op 3 steunpunten. [pause weak] (1 keer tot uiterste).[pause strong]

**Gevorderd.**[pause strong]Plank op 2 steunpunten.[pause weak] (1 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.

[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] **Lekker bezig! nog anderhalf minuut te gaan. Denk eraan om je heupen laag te houden en je buik het werk te laten doen**.

[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]

Wauw, wat knap! het vasthouden van een oefening komt veel vaker terug in calisthenics. Laten we doorgaan naar de volgende ronde.[pause strong] [pause strong]