### **Sit-up Variatie.**

### **In deze ronde gaan we verder met het versterken van de buikspieren door middel van sit-up variaties. Je kunt 4 verschillende variaties kiezen. Wees eerlijk welke variatie bij jouw niveau hoort. Hier zijn ze.**[pause strong]

**Starter**.[pause strong] Crunches. ga op je rug liggen en tik je knieen aan.[pause weak] (1 keer tot uiterste) .[pause strong]

**Beginner.**[pause strong] Klassieke sit-ups. Volledig omhoog met de rug vanuit de buikspieren.[pause weak] (1 keer tot uiterste).[pause strong]  
  
**Gemiddeld**.[pause strong] V-ups. Enkels aantikken tijdens de sit-up. benen en rug van de grond.[pause weak] (1 keer tot uiterste).[pause strong]

**Gevorderd.**[pause strong]V-sit vasthouden. Dit wordt ook wel boothouding genoemd. Je benen en rug zijn van de grond. Je leunt achterop je staartbeen en houdt je voeten op ooghoogte onhoog. lift jezelf omhoog met een actieve kern.[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.

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] **Lekker bezig! nog anderhalf minuut te gaan. Denk eraan om je ellebogen langs je lichaam te houden tijdens de sit up.**[pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong][pause strong] [pause strong] [pause strong] [pause strong] [pause strong]

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

Super goed gedaan, buikspieren zijn cruciaal voor het beoefenen van calisthenics. Laten we doorgaan.[pause strong] [pause strong]