

Turnoefeningen Recreatie

Sprong – Brug – Balk – Vloer



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Trainer bij Vlugheid en Kracht in Laren en Blaricum

DISCLAIMER

Zoals bij alle lichamelijke oefeningen, kan het onjuist uitvoeren van een oefening leiden tot blessures en letsel aan spieren, gewrichten, pezen en banden. Gebruik je verstand bij het uitvoeren van de oefeningen. Stop als je pijn voelt. Neem als het nodig is contact op met je huisarts of fysiotherapeut. De vereniging Vlugheid en Kracht is niet aansprakelijk voor lichamelijke klachten, ontstaan door het uitvoeren van de oefeningen die in dit boekje van de vereniging zijn geplaatst.

Dit boekje is alleen bedoeld voor gebruik door V&K leden en mag niet verder worden verspreid.

Sprong

Streksprong



Hurksprong



Spreidsprong



Schaap/skate sprong



Halve draai sprong



Hele draai sprong



Hurkhoeksprong



Spagaatsprong



Holsprong



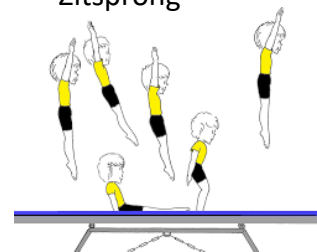
Splitsprong



Hoeksprong

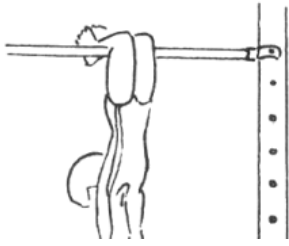


Op een trampoline:
Zitsprong

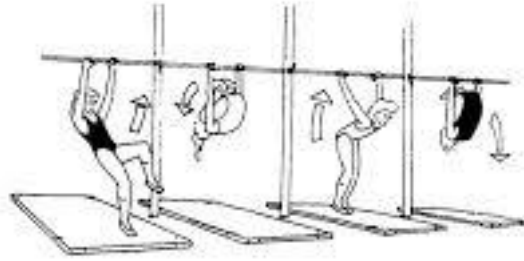


Brug

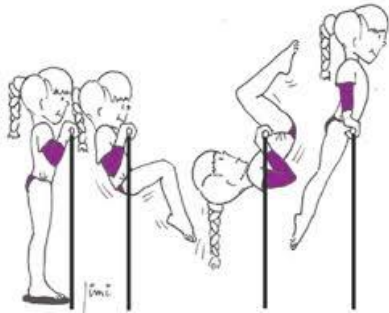
Ondersteboven hangen



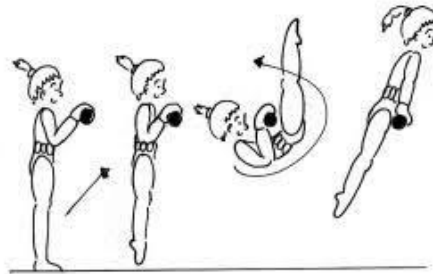
Duikelen



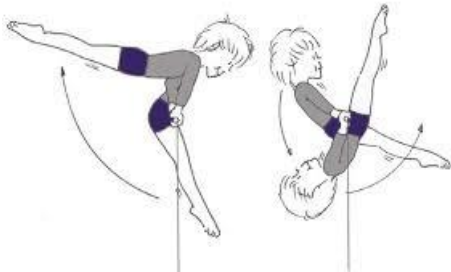
Borstwaartsom met kromme benen



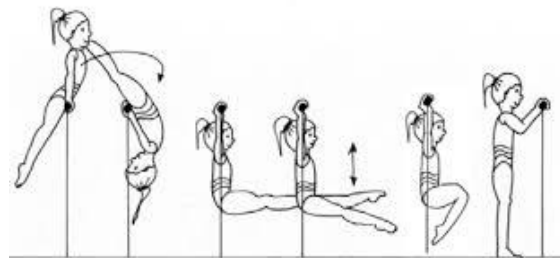
Borstwaartsom met rechte benen



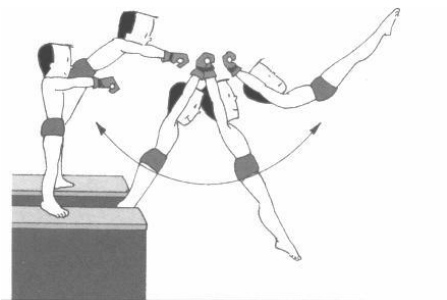
Buikdraai



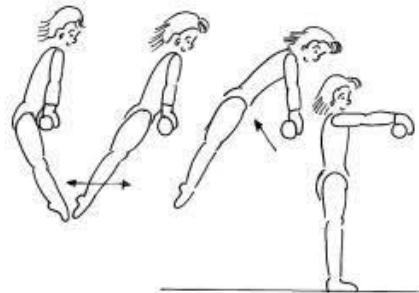
Haakje hangen



Hoog zwaaien

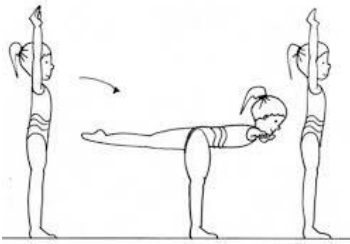


Afsprong

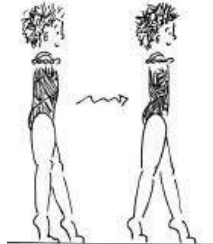


Balk

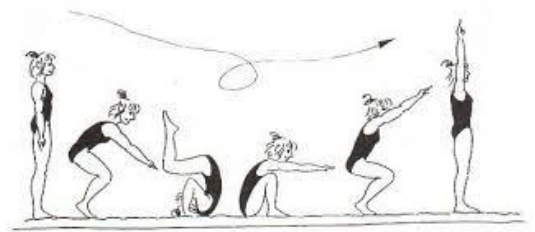
Zweefstand



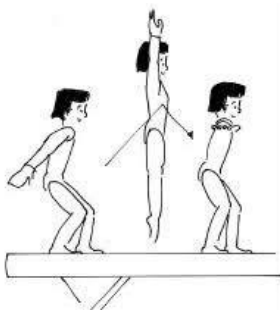
Tenen lopen



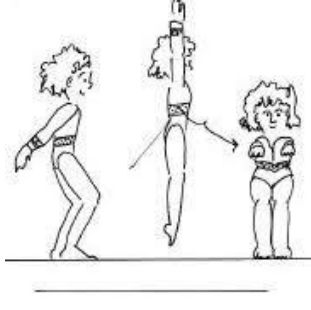
Koprol



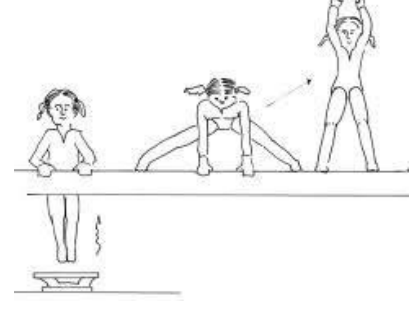
Streksprong



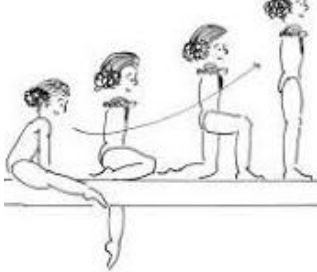
Streksprong kwartdraai



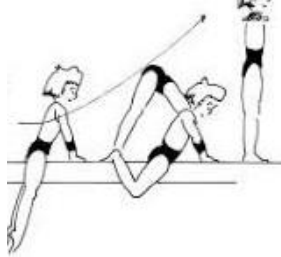
Opsprong split



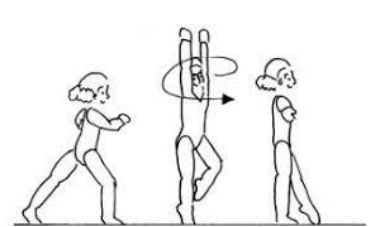
Opstaan 1



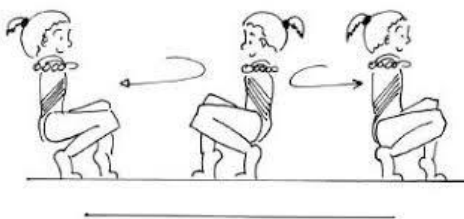
Opstaan 2



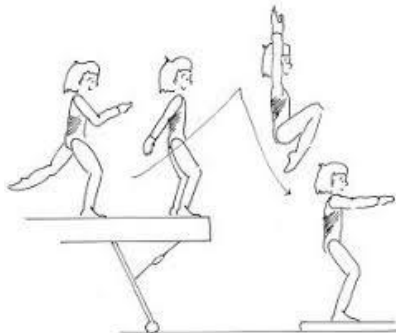
Pirouette



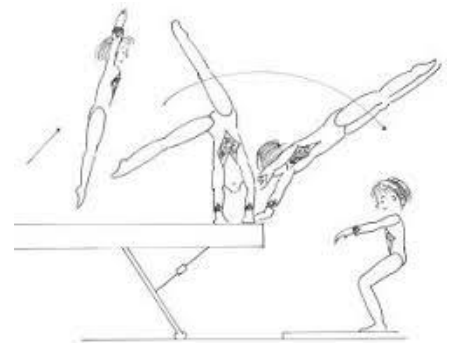
Draai in kniezit



Afsprong hurksprong

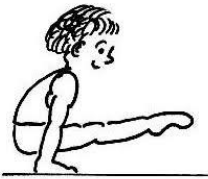


Afsprong arabier

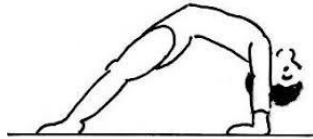


Vloer

Hoekzit



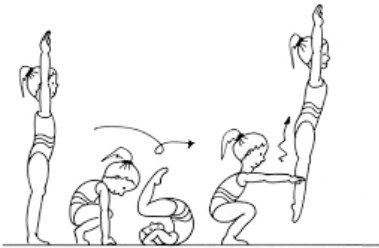
Brugetje



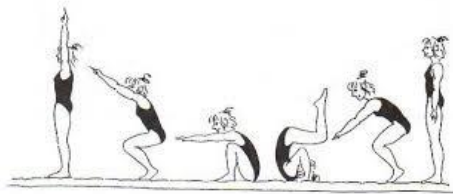
Spagaat



Koprol streksprong



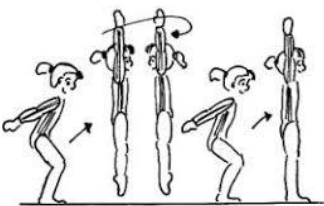
koprol achterover



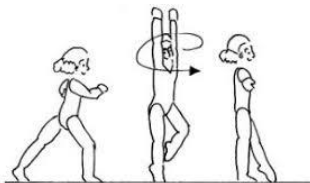
koprol achterover
Met rechte benen



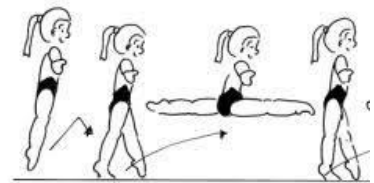
Streksprong hele draai



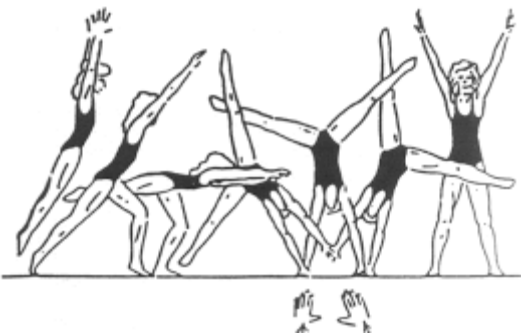
Pirouette



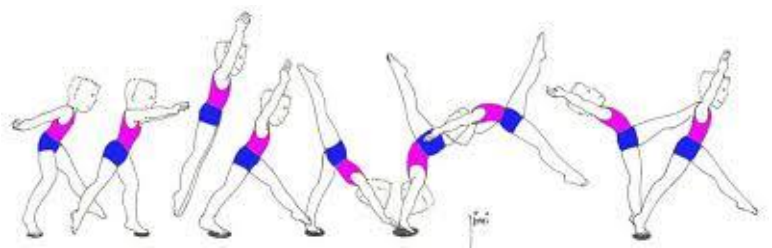
Spagaatsprong



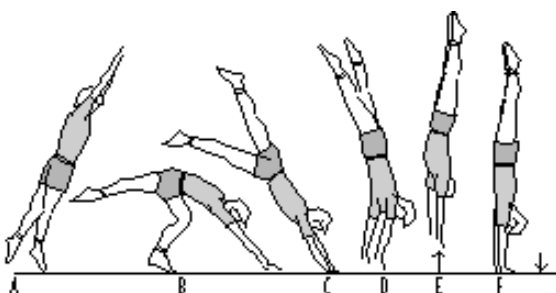
Radslag



Overslag



Handstand



Handstand spagaat

