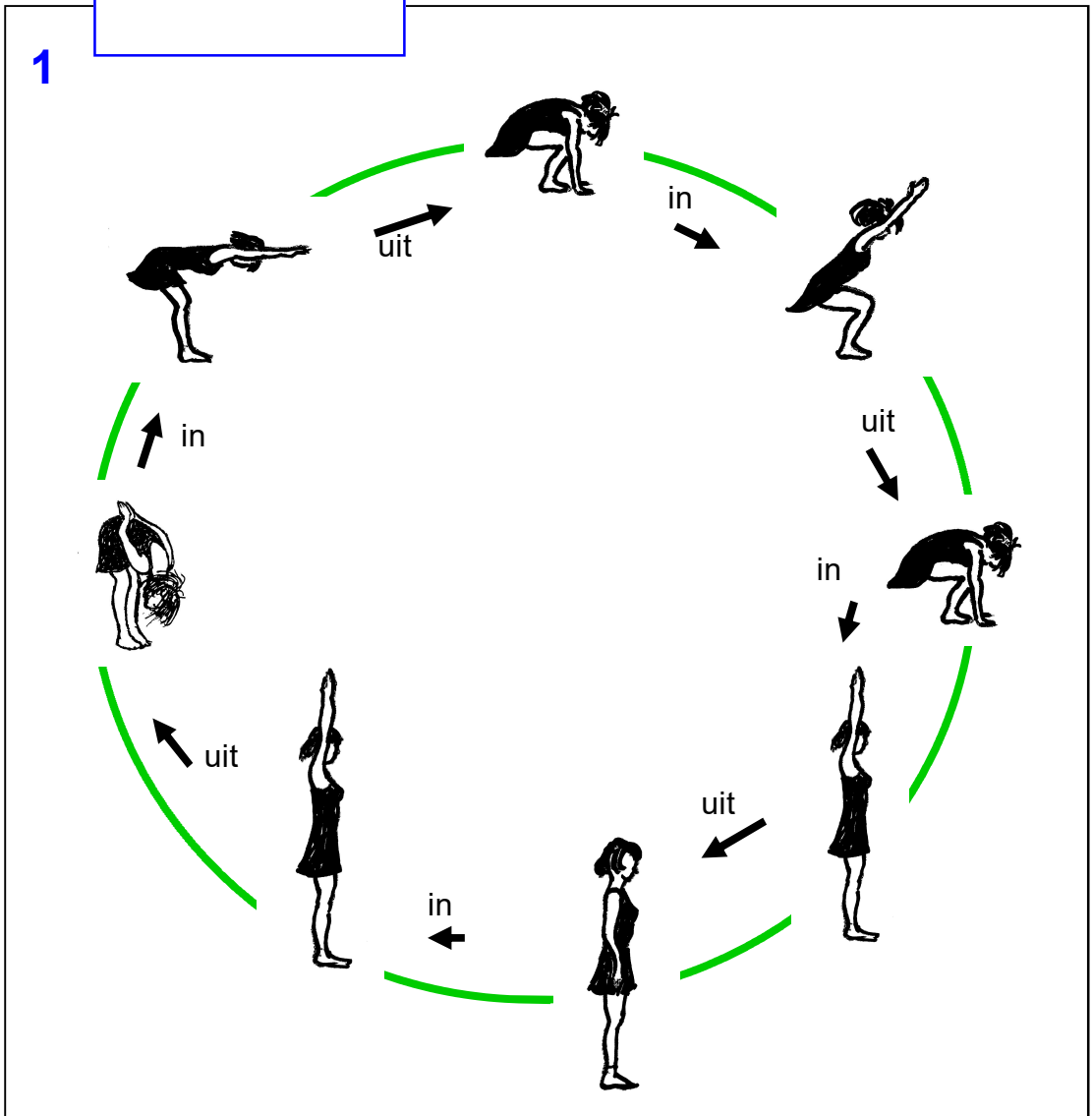


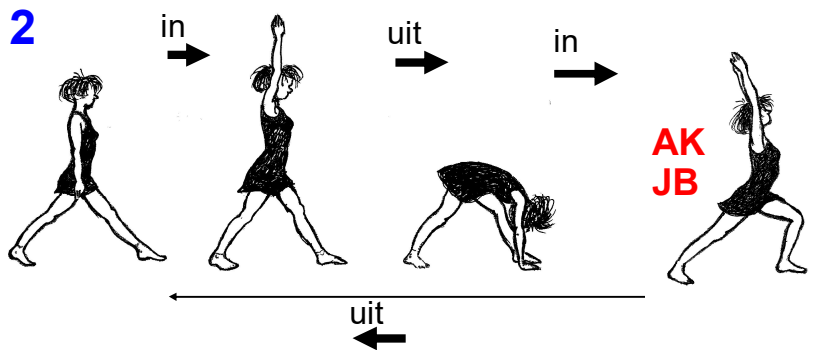
Brimhanareeks

34

1



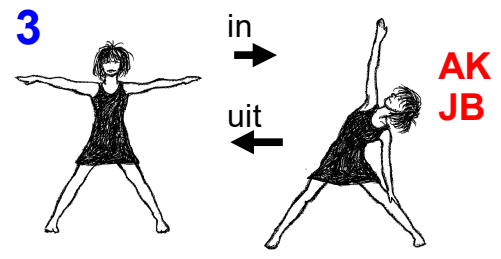
2



4 x uitvoeren in de ene richting, daarna in de andere

Statisch
L/R
IN met
KRAMA
dan
AK
JB

3



6 x uitvoeren na mekaar L /R alternerend