ARCHERY FOR LIFE

Blessurepreventie

DEEL 1 MOBILITEIT → 3 min

BEGINNER

1 ELBOW TWISTER
- 1 x 30 sec

2 NEK TWISTER
- 1 x 30 sec

3 THORAX TWIST
- 1 x 6-8 herhalingen/zijde

GEVORDERDE

1 WALL WALKS
- 1 x 30 sec

2 NEK TWISTER COMPLEX
- 1 x 30 sec

3 ARCHER REACHES VERKORT
- 1 x 6-8 herhalingen/zijde

EXPERT

1 HAND WALKS
- 1 x 30 sec

2 ARCHER REACHES
- 1 x 30 sec

3 RENEGADE REACHES
- 1 x 6-8 herhalingen/zijde

DEEL 2 ACTIVATIE → 7 min

BEGINNER

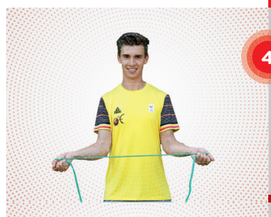
4 POWERBAND TWISTER
- 1 set tot gevoel van vermoeidheid

5 SERRATUS PUSH UPS
- 2 x 20-30s

6 KNEE SUPPORTED HAND WALKS
- 2 x 30s

7 SIDEPLANK HIPABDUCTIONS
- 3 x 20-30s / zijde

GEVORDERDE



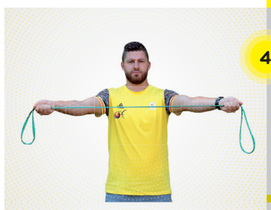
4 POWERBAND W'S
- 1 set tot gevoel van vermoeidheid

5 ELBOW TAPS BEAR CRAWL
- 2 x 20-30s

6 KNEE ELEVATED HAND WALKS
- 2 x 30s

7 SIDEPLANK REACHES
- 3 x 20-30s / zijde

EXPERT



4 POWERBAND T'S
- 1 set tot gevoel van vermoeidheid

5 PLANKING ELBOW TAPS
- 2 x 20-30s

6 PLANKING HAND WALKS
- 2 x 30s

7 SIDEPLANK STAR EXCURSION
- 3 x 20-30s / zijde

DEEL 3 FUNCTIONELE TRAINING EN KRACHT → 10 min

BEGINNER

8 ELBOW TAPS
- 2 tot 3 x 20-30s

9 POWERBAND SQUATS
- 2 x 12 herhalingen

10 PULL
- 2 x 8

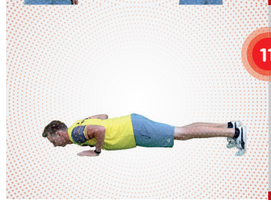
11 KNEELING PUSH UP
- 2 x 10

GEVORDERDE

8 SUPERMAN REACHES
- 2 tot 3 x 20-30s

9 PWB SIDETOUCHES
- 2 x 12 herhalingen

10 PULL PARTNERDRILL
- 2 x 8



11 PUSH UP
- 2 x 10

EXPERT

8 PLANKING SUPERMAN REACHES
- 2 tot 3 x 20-30s

9 POWERBAND OVERHEAD SQUATS
- 2 x 12 herhalingen

10 RENEGADE ROW
- 2 x 8

11 PUSH UP SINGLE LEG
- 2 x 10

BOOGSPORT .VLAANDEREN

SPORT. VLAANDEREN

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