



Het “sensamove” balanskussen bij de revalidatie van de stabilisatoren

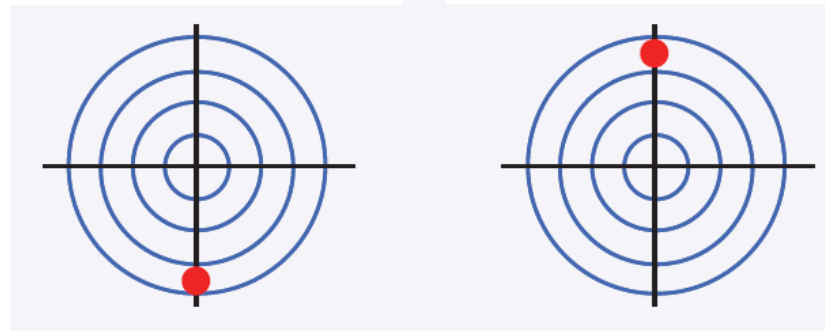


Basisbewegungen

RETROFLEXION hip

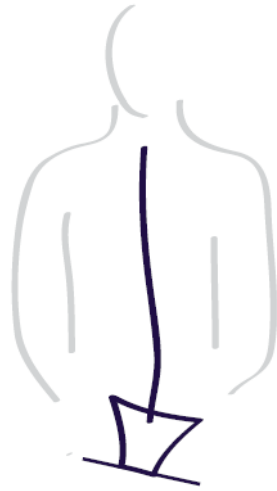


ANTEFLEXION hip

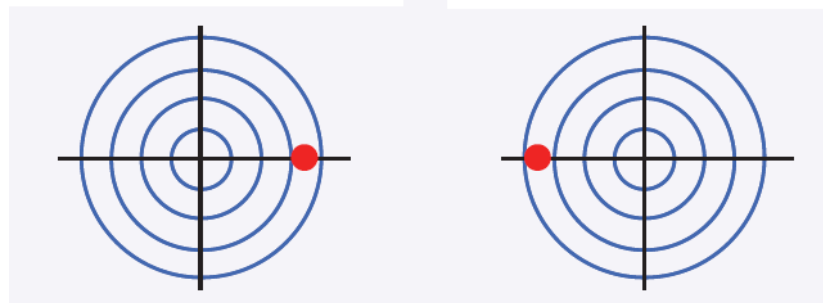
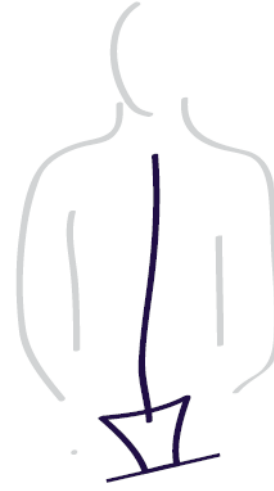


Basisbewegungen

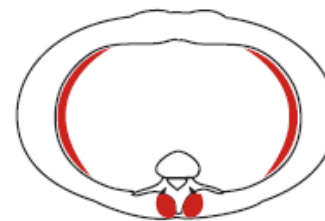
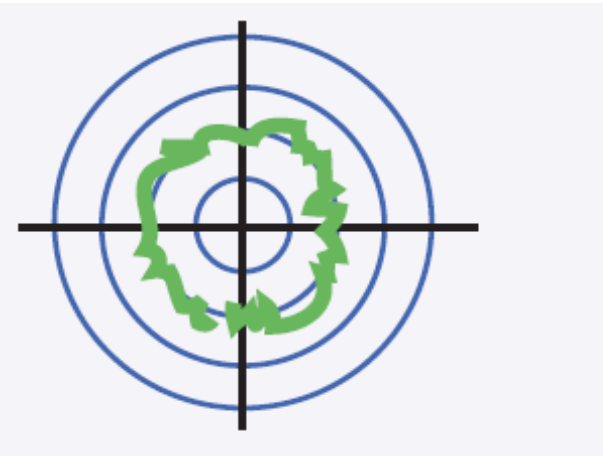
LATEROFLEXION right



LATEROFLEXION left

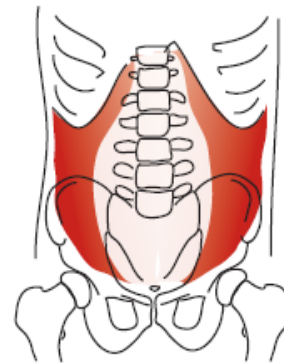
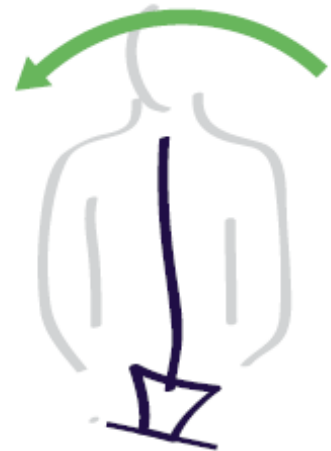
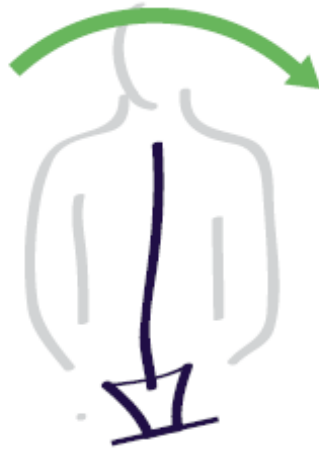
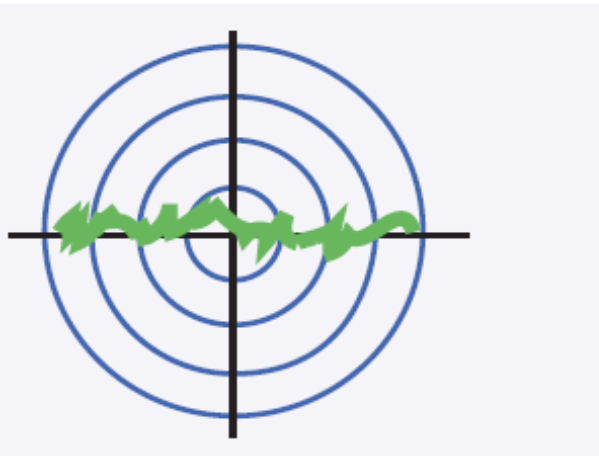


Spieren



m. transversus abdominis
mm. multifidi

Spiere



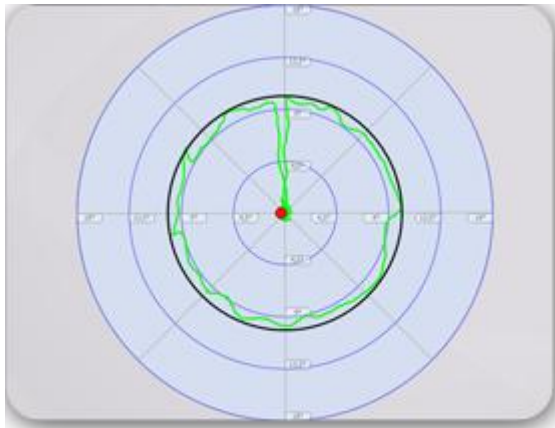
m. obliquus externus/internus

Spiereen



m. rectus abdominis
m. erector spinae

In praktijk



Verschillende niveau's



TRAINING 1A



TRAINING 1B



TRAINING 1C



TRAINING 1D



TRAINING 2A



TRAINING 2B



TRAINING 2C



TRAINING 2D



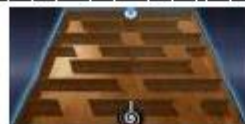
TRAINING 3A



TRAINING 3B



TRAINING 4A



TRAINING 4B



TRAINING 4C



TRAINING 4D



TRAINING 5A



TRAINING 5B



TRAINING 5C



TRAINING 5D

Verschillende niveau's



EASY 01



EASY 02



EASY 03



EASY 04



EASY 05



EASY 06



EASY 07



EASY 08



EASY 09



EASY 10

Verschillende niveau's



Verschillende niveau's



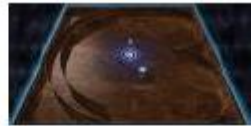
Verschillende niveau's



VERY HARD 01



VERY HARD 02



VERY HARD 03



VERY HARD 04



VERY HARD 05



VERY HARD 06



VERY HARD 07



VERY HARD 08



VERY HARD 09



VERY HARD 10



VERY HARD 11



VERY HARD 12



VERY HARD 13



VERY HARD 14



VERY HARD 15



VERY HARD 16



VERY HARD 17



VERY HARD 18



VERY HARD 19



VERY HARD 20



VERY HARD 21



VERY HARD 22



VERY HARD 23



VERY HARD 24



VERY HARD 25



Info ?



www.sensamove.com

Wie ?



www.tendim.be

