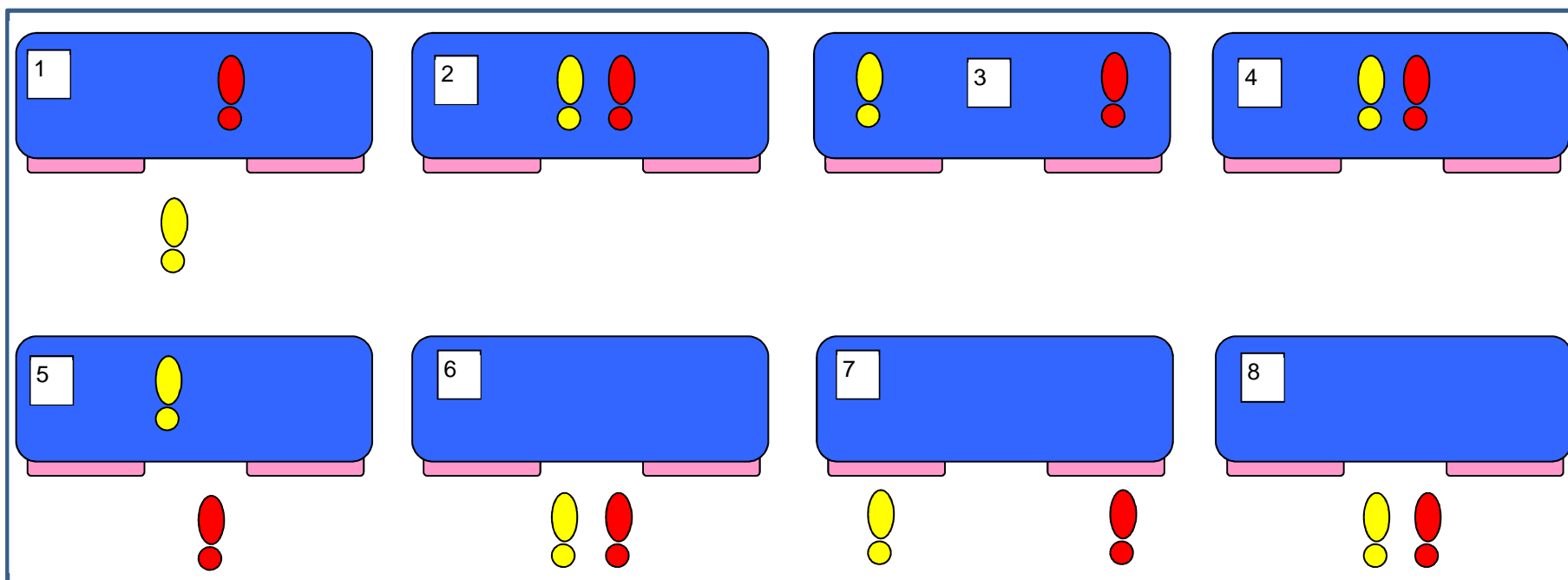


Van en aan elkaar leren: Step-aerobic

I-step

startpositie

x 4

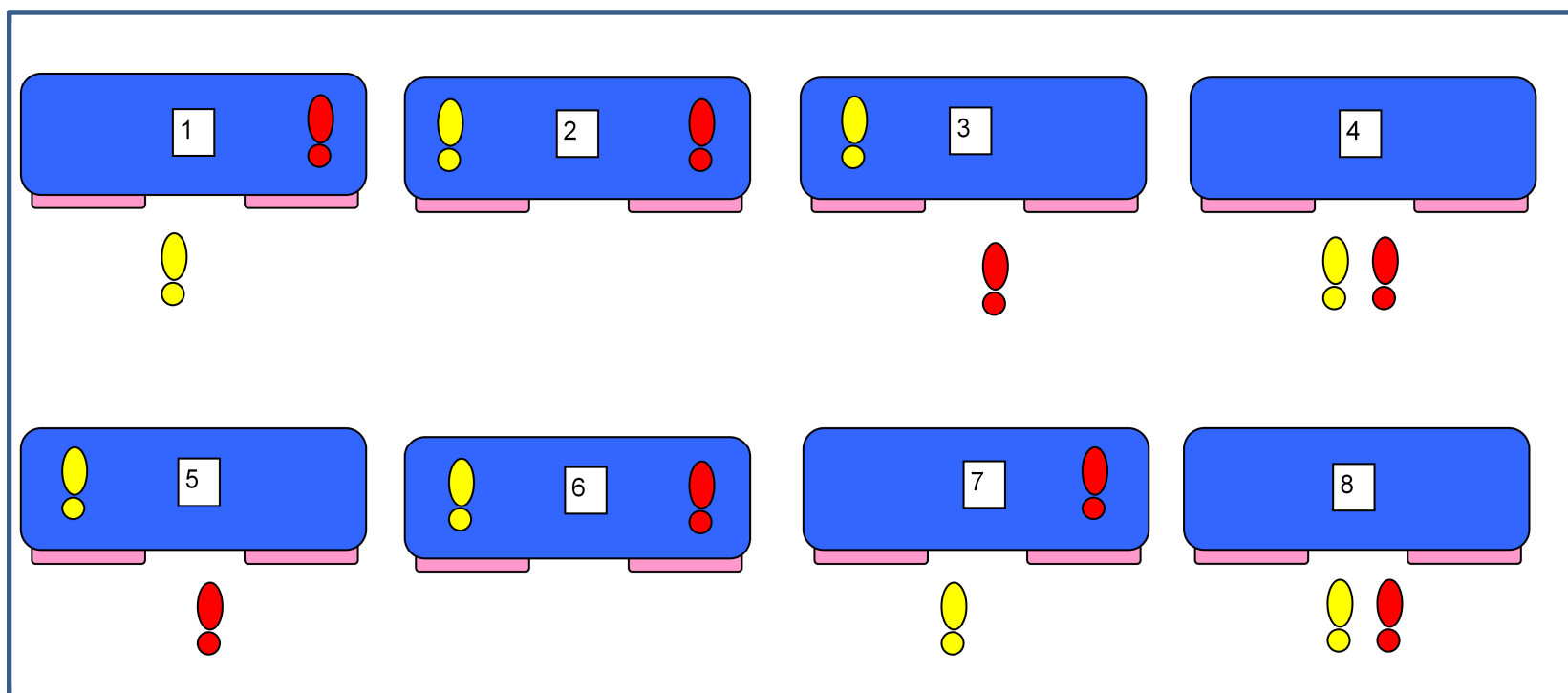


Van en aan elkaar leren: Step-aerobic

V-step

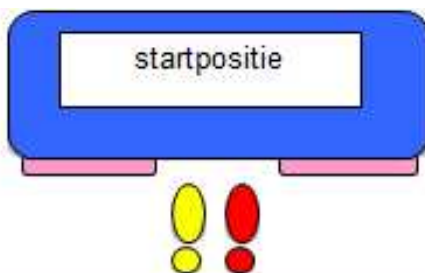
startpositie

x 4

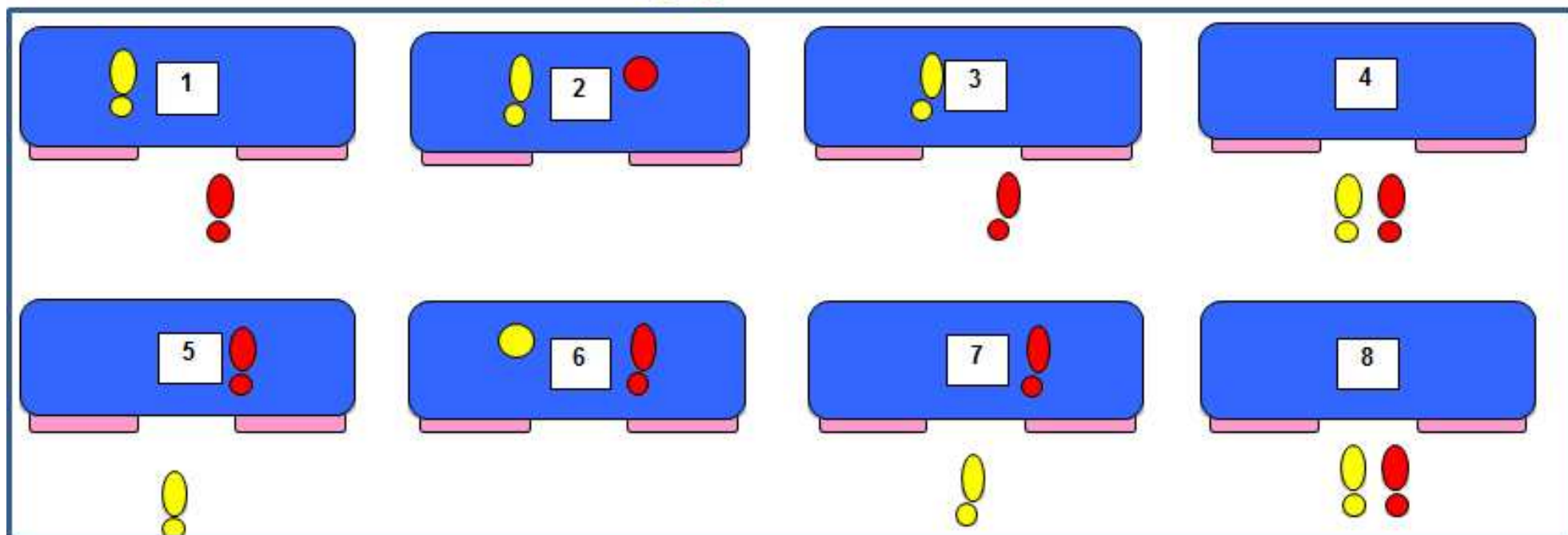
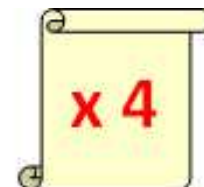


Van en aan elkaar leren: Step-aerobic

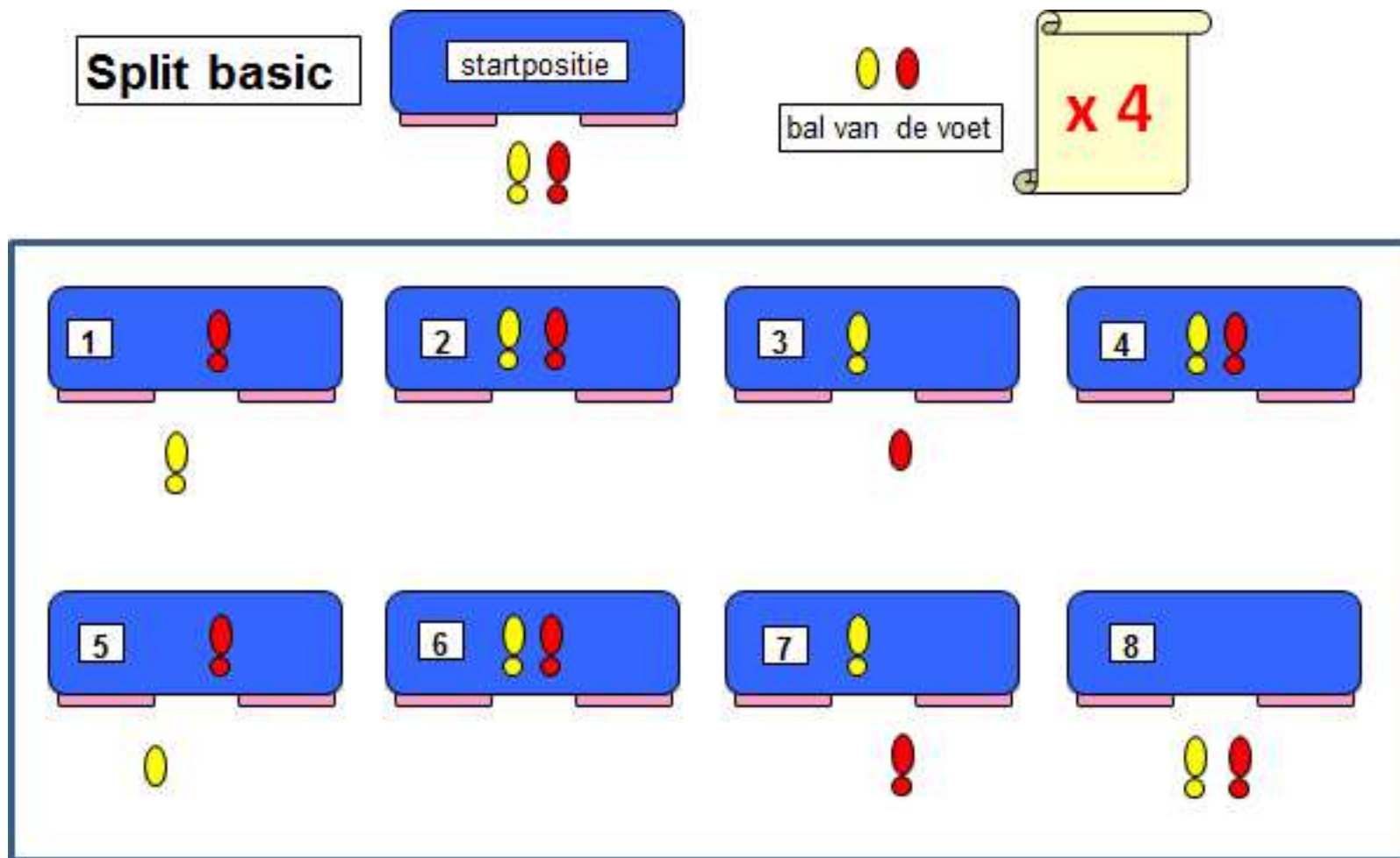
Step Kick



"kick"

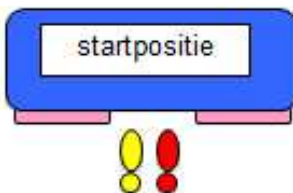


Van en aan elkaar leren: Step-aerobic



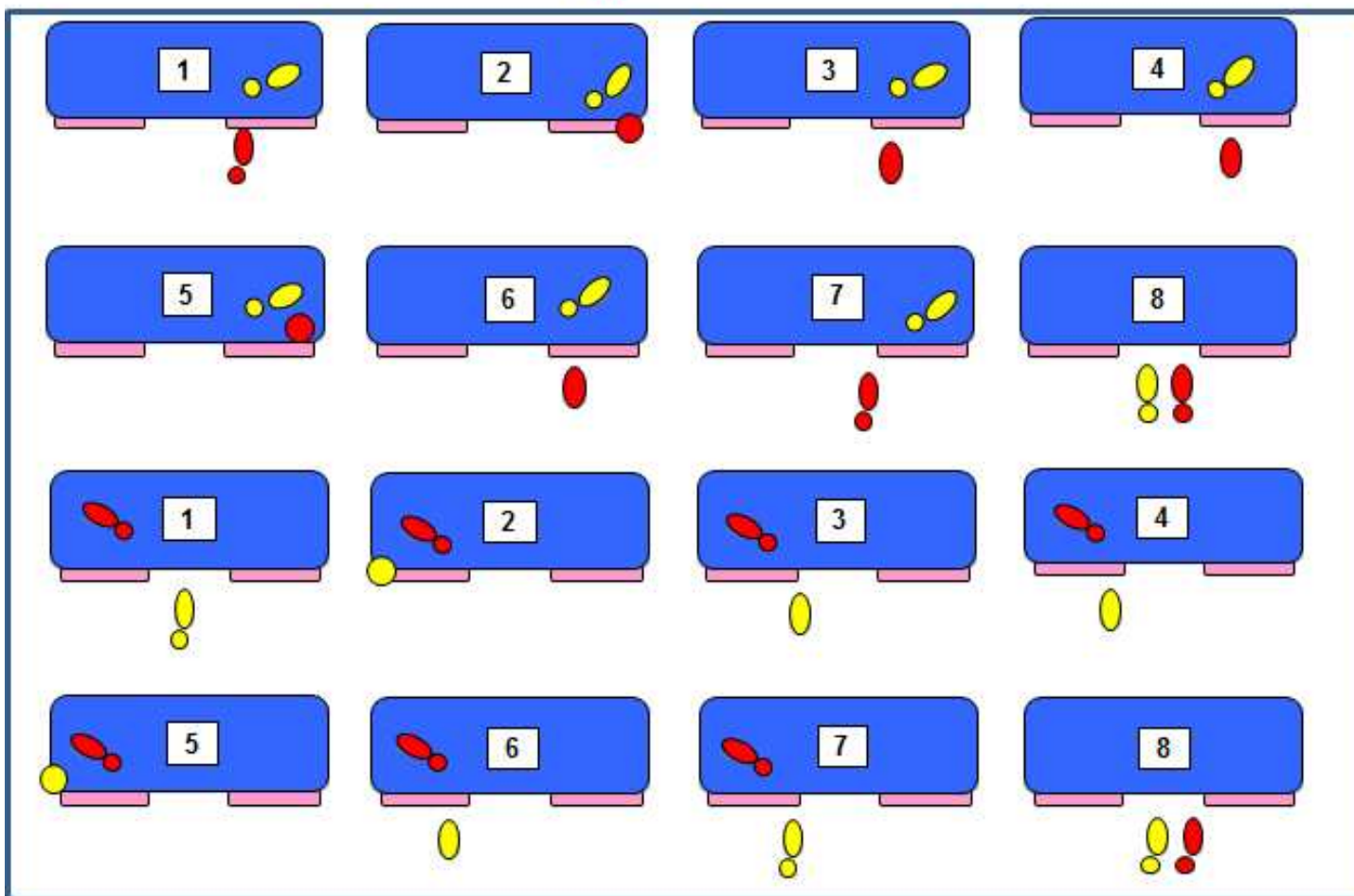
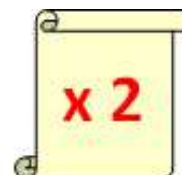
Van en aan elkaar leren: Step-aerobic

Kick Ball

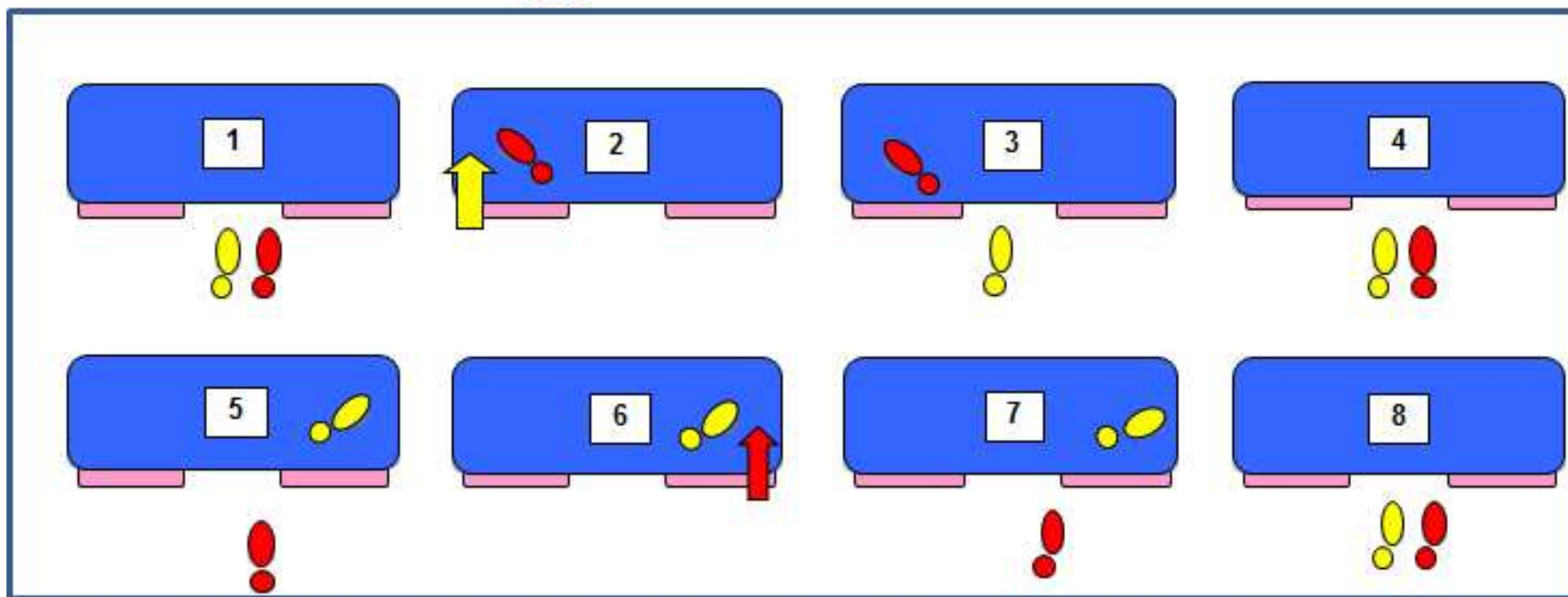
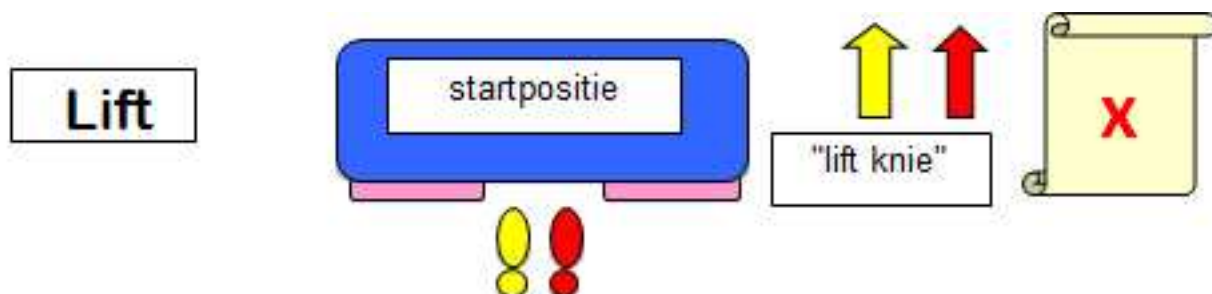


op tenen

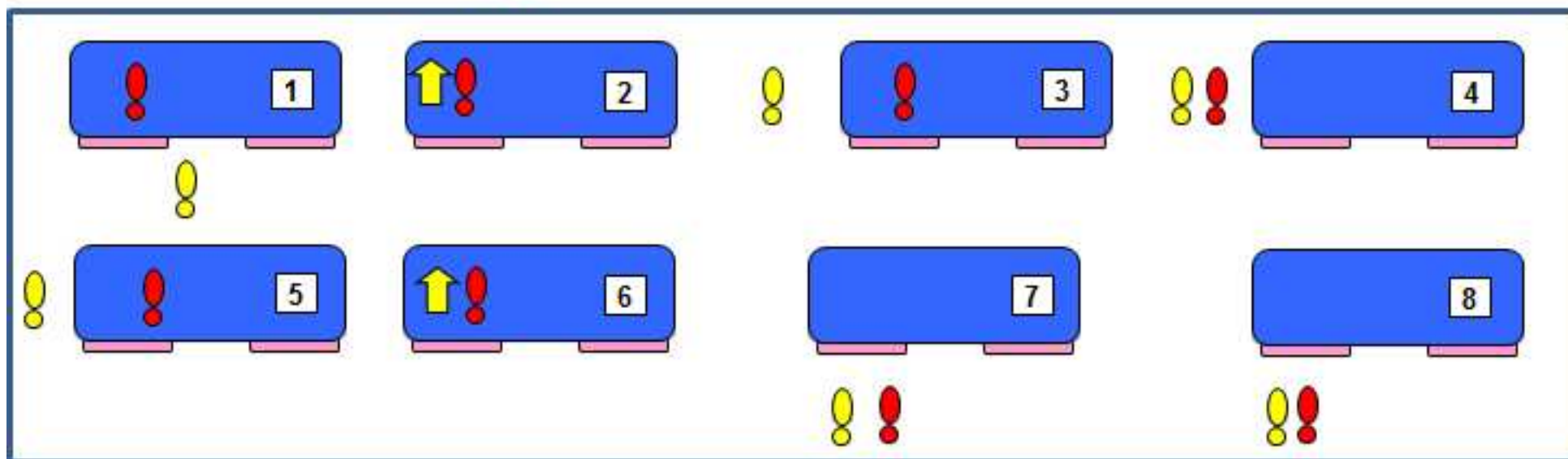
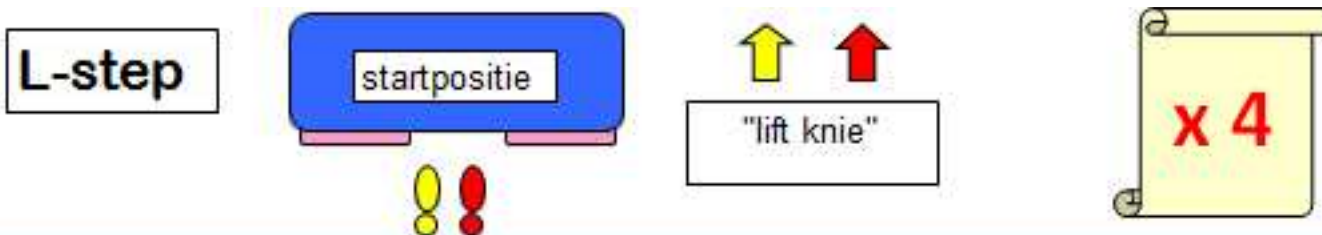
"kick"



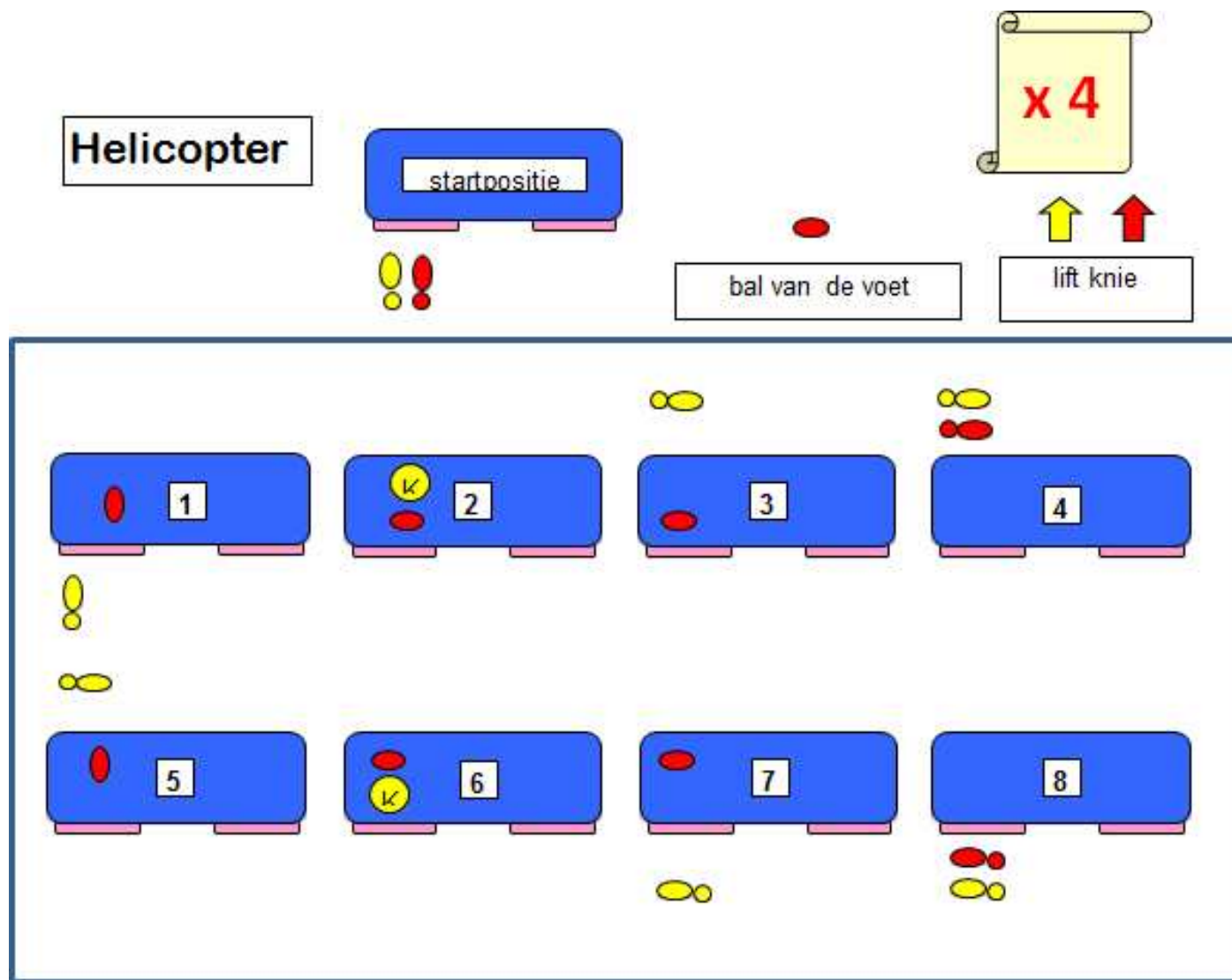
Van en aan elkaar leren: Step-aerobic



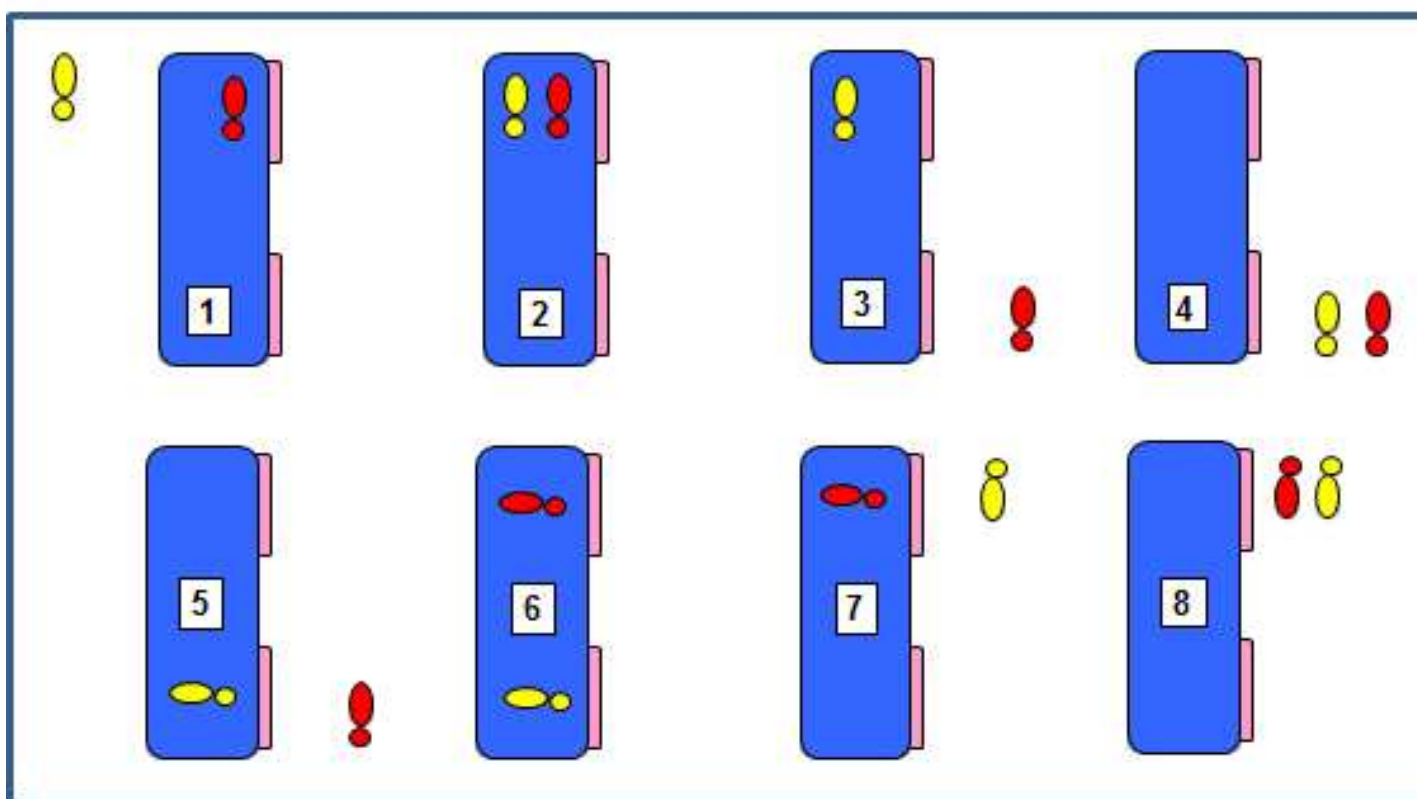
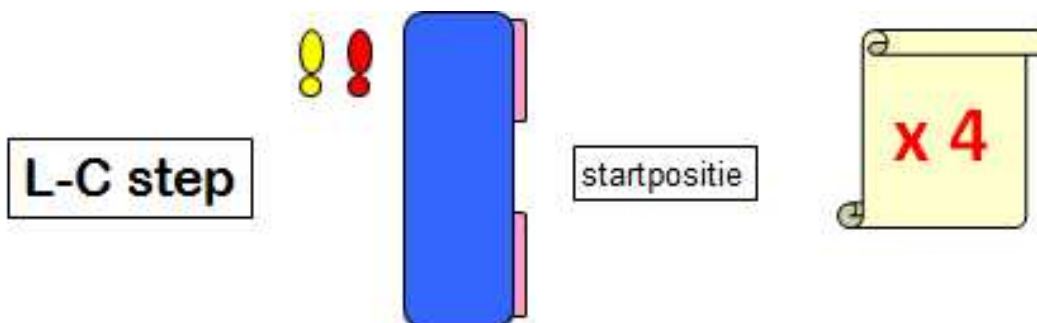
Van en aan elkaar leren: Step-aerobic



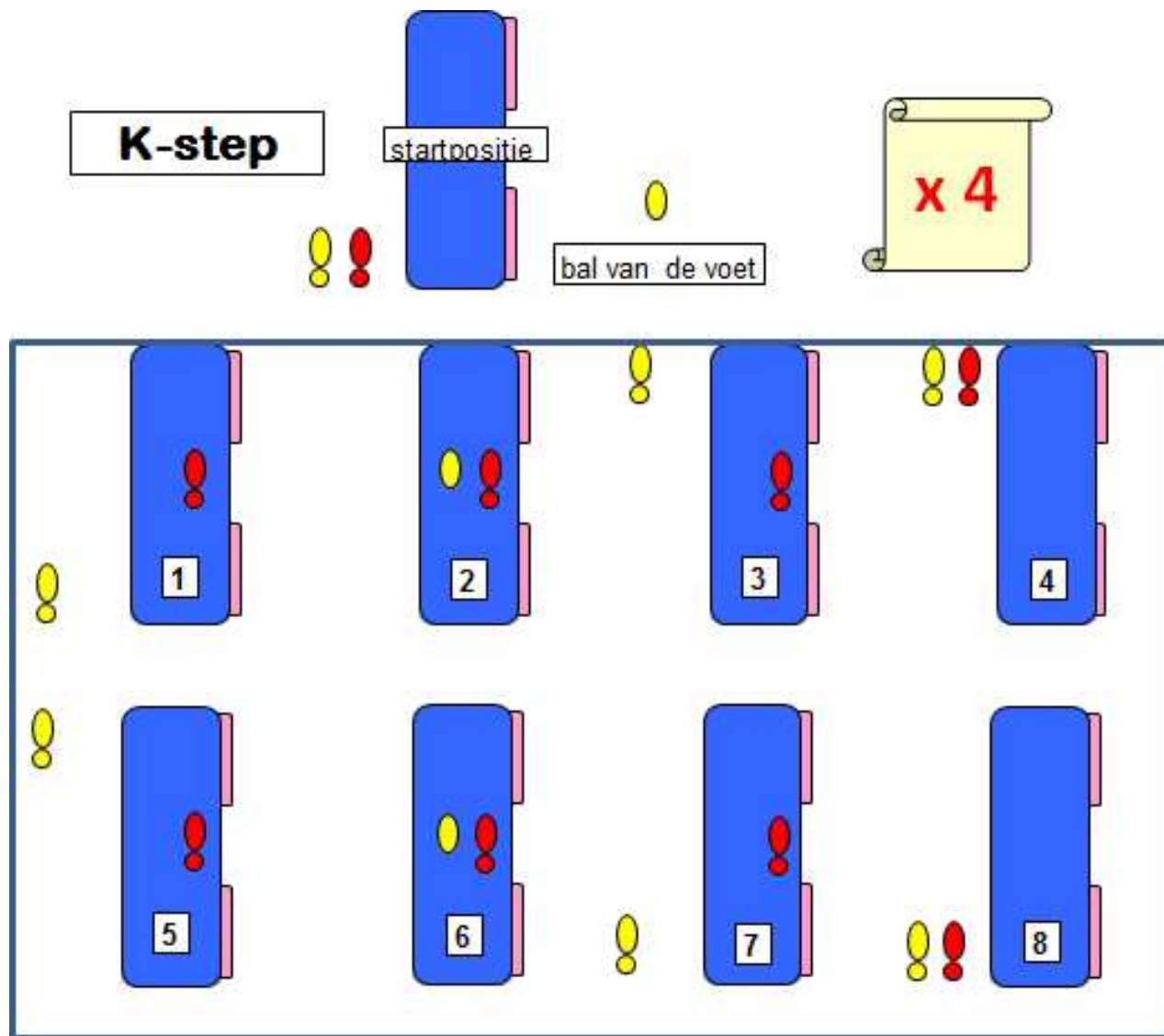
Van en aan elkaar leren: Step-aerobic



Van en aan elkaar leren: Step-aerobic



Van en aan elkaar leren: Step-aerobic



Van en aan elkaar leren: Step-aerobic

Straddle

startpositie

x 2

