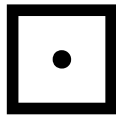
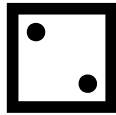
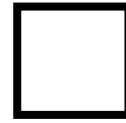




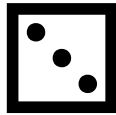
# DOBBELSPEL



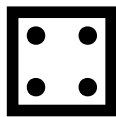
Hinkel 10x op je linkerbeen en 10x op je rechterbeen.



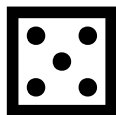
Geef iedereen in het huis een elleboog-groet.



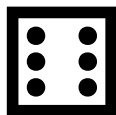
15x zitten op de grond en weer opstaan.



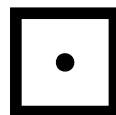
Gooi en vang een knuffel 10x in de lucht.



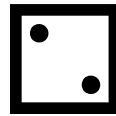
Spring in de tuin (of balkon) 20x op en neer.



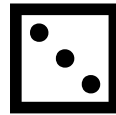
Maak een koprol op alle bedden in het huis.



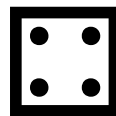
Hinkel 10x op je linkerbeen en 10x op je rechterbeen.



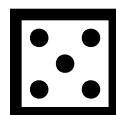
Geef iedereen in het huis een elleboog-groet.



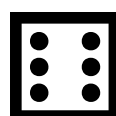
15x zitten op de grond en weer opstaan.



Gooi en vang een knuffel 10x in de lucht.



Spring in de tuin (of balkon) 20x op en neer.

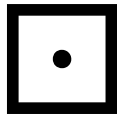


Maak een koprol op alle bedden in het huis.

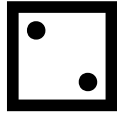




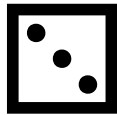
# DOBBELSPEL (moeilijker)



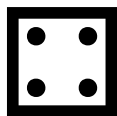
Doe 20 JUMPING JACKS (Ster-sprongen)!



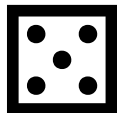
Doe 10 SQUATS!



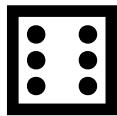
Doe 10 BURBEES  
Op de grond liggen, opstaan en springen en weer liggen.



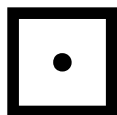
PLANK 30 seconden lang.



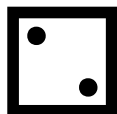
Doe 30 SIT-UPS.



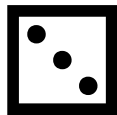
Doe 10x OPDRUKKEN (Push-ups)



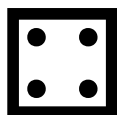
Doe 20 JUMPING JACKS (Ster-sprongen)!



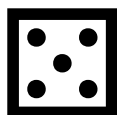
Doe 10 SQUATS!



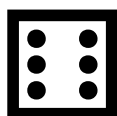
Doe 10 BURBEES  
Op de grond liggen, opstaan en springen en weer liggen.



PLANK 30 seconden lang.



Doe 30 SIT-UPS.



Doe 10x OPDRUKKEN (Push-ups)