



Testpeople Workshop's Kantoor (zittend) Menu

prepared On 18 Mar 2017

#	Sets	Reps	Duration	ECise
1	1	1	01:00	Sitting in Extension
2	1	25	NA	Sitting Arm Circles
3	3	20	NA	Sitting Isolated Hip Flexor Lifts
4	1	1	00:30	Sitting Chair Twist
5	1	10	NA	Sitting Cats & Dogs

Instructions

PostureNote