**Youtube opdracht Ryan, Chris, Hoeseb 1SB**

<https://www.youtube.com/watch?v=LoO2bPC3J6I&feature=youtu.be>

bronnen:

Calisthenics bron:

<https://www.metronieuws.nl/lezerscolumn/jason-calisthenics/actueel/2015/07/calisthenics-de-sport-die-nederland-veroverd>

Bootcamp bron:

<http://www.optimavita.nl/bewegen/bootcamp-wat-en-waarom/>

trampoline wall bron:

<https://www.cbsnews.com/news/wall-trampoline-the-newest-extreme-sport/>

suppen bron:

<https://en.wikipedia.org/wiki/Standup_paddleboarding>