

Optim-ice® Yourself Trainings Kalender



Stap uit je Comfort Zone: ga zsm naar volledig koud water gedurende aangegeven tijd.

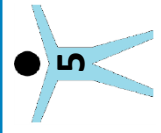
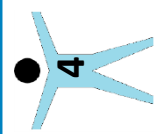
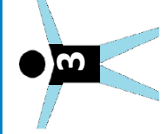
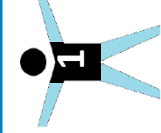


Houd je adem rustig. (ook al vind je het erg koud.....)

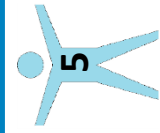
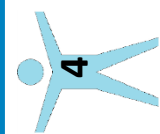
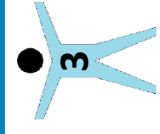
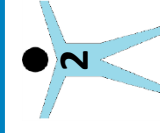
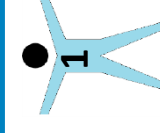


Houd je focus en aandacht op je ademhaling en heb vertrouwen dat ook jij het kunt.

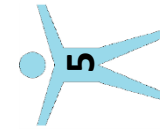
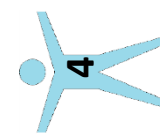
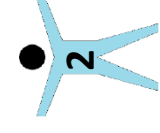
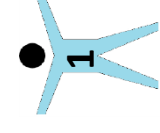
WEEK 1



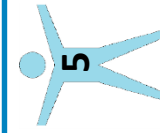
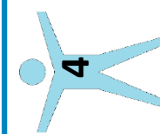
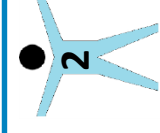
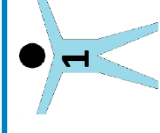
WEEK 2



WEEK 3



WEEK 4



- Print deze pagina en hang het in je badkamer.
- Start met je normale (warme) douche en eindig deze met koud water. (zie tijdsduur en lichaamsdelen -> zwart: nog even niet)
- Blijf rustig ademen en forceer niets! Volg je gevoel.
- Kruis de “ice(wo-)man” door indien prestatie behaald.
- Doe bovenstaande minimaal 5x per week. (indien >5x :herhaal de laatste “ice(wo-)man” van die week)
- Wees trots op je prestatie (en voel de veranderingen....)