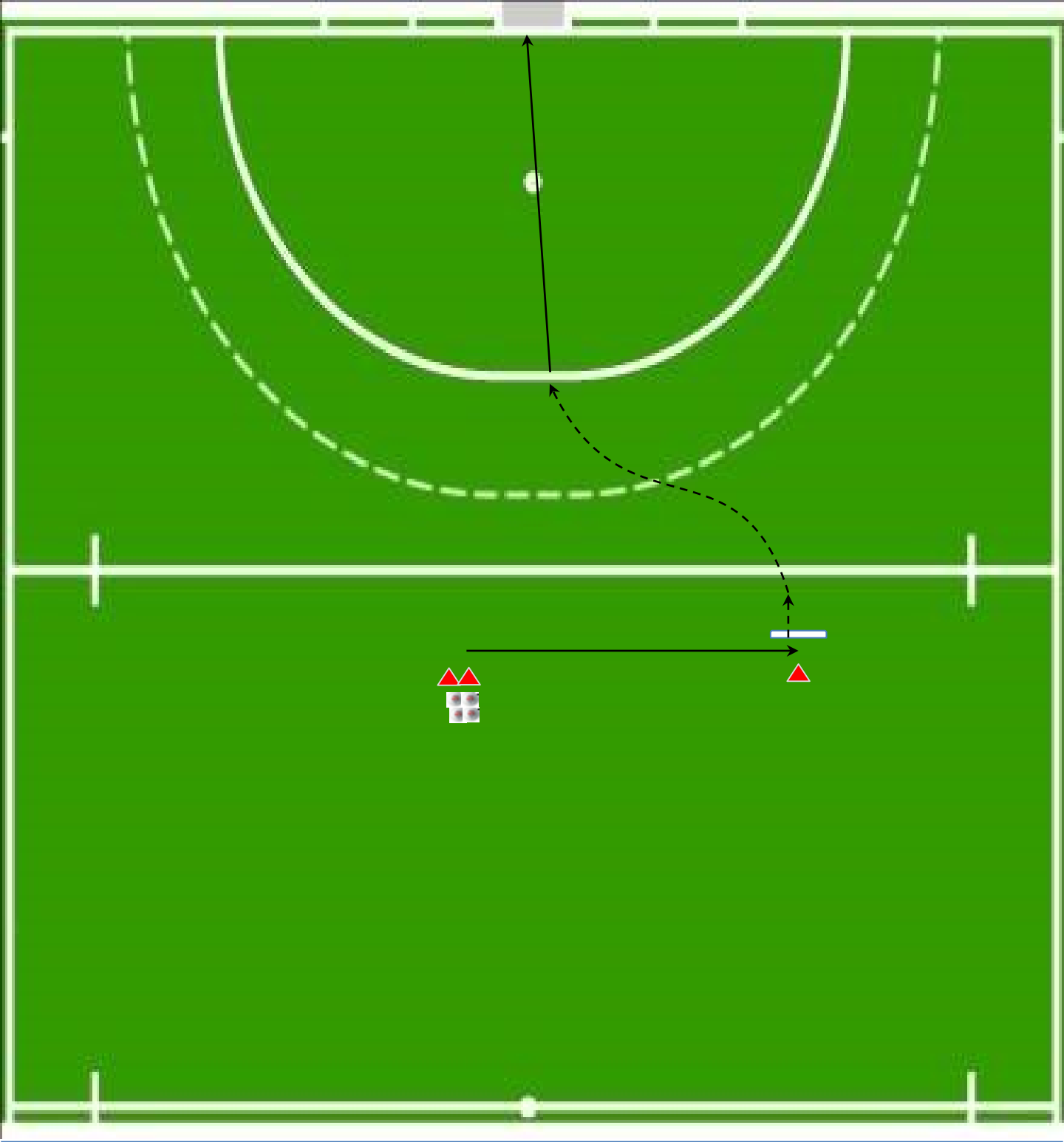

Key Points	
	Lift in één keer
Let op	1; Techniek 2; Versnellen na balk