



Styrka och kondition

3 stationer med 9 övningar + 3 valfria (baksida)

www.aktivapauser.com

A



B



A



B



A

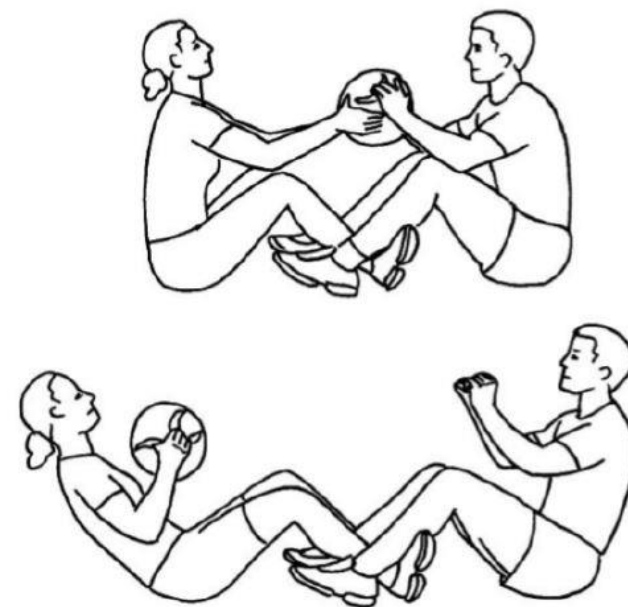
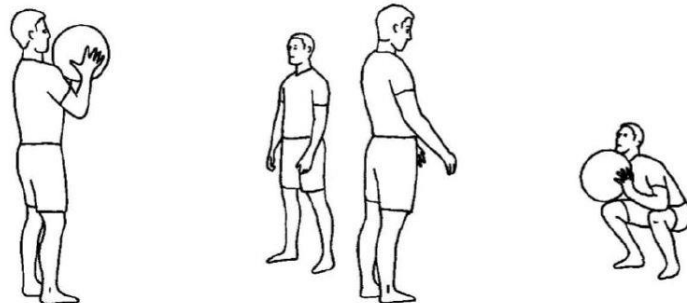
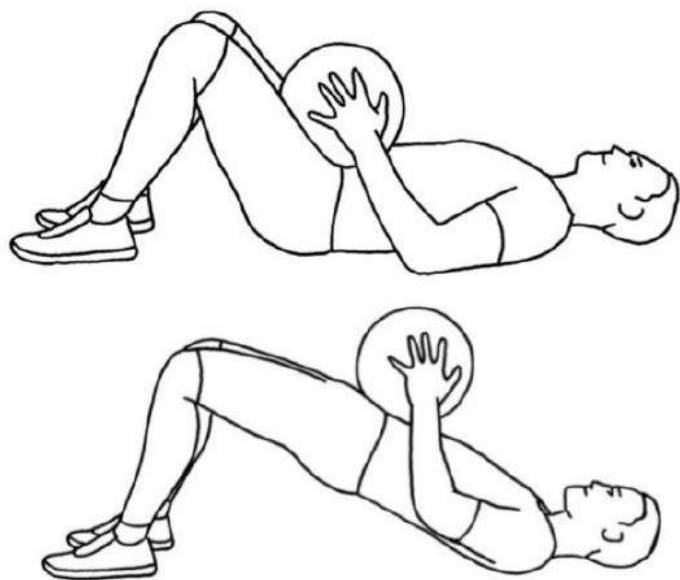


B



Station 1 – Styrka utan redskap

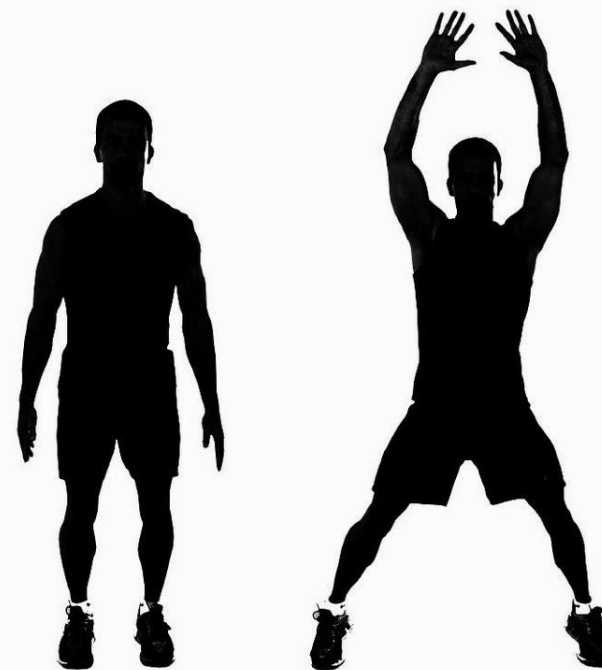
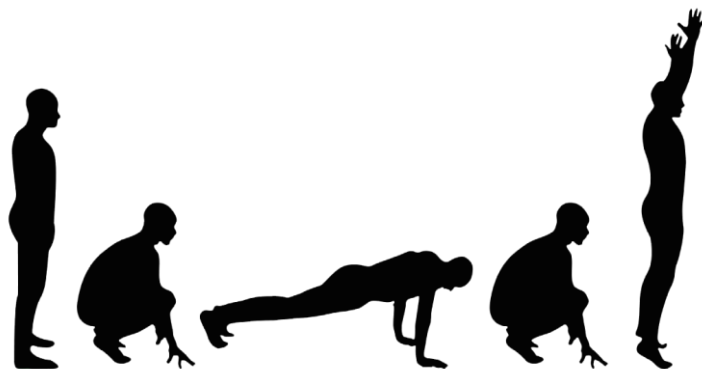
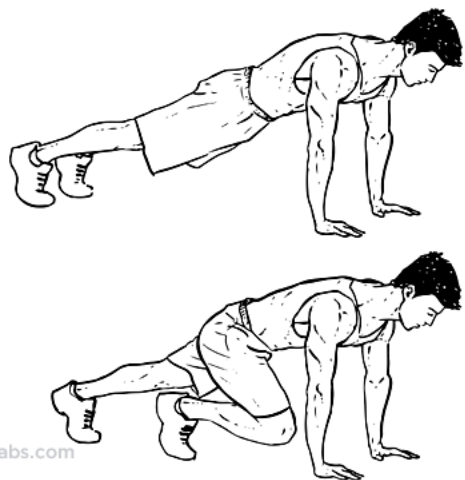
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Station 2 – Styrka med boll

www.aktivapauser.com

WorkoutLabs.com



Station 3 – Pulshöjare

www.aktivapauser.com