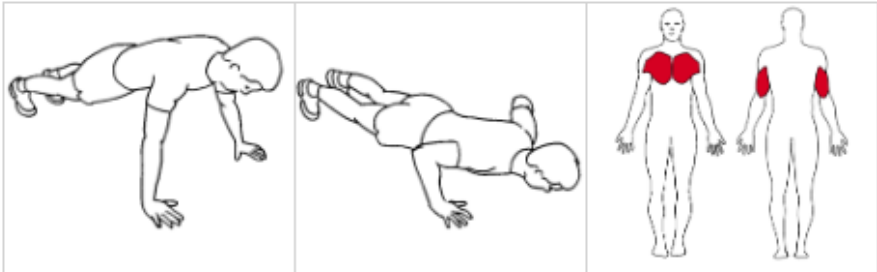
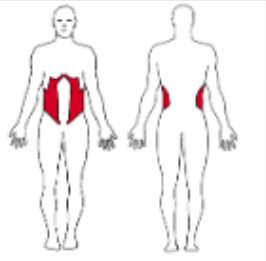
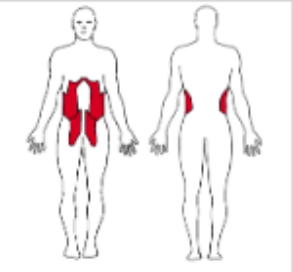
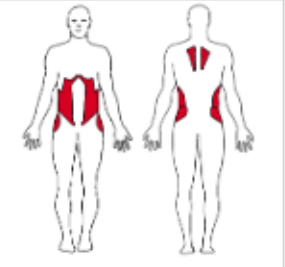


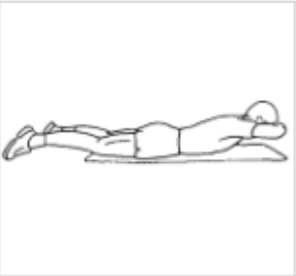
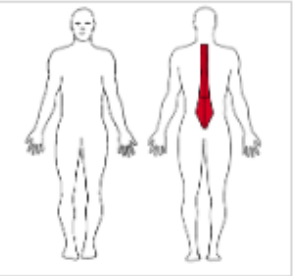
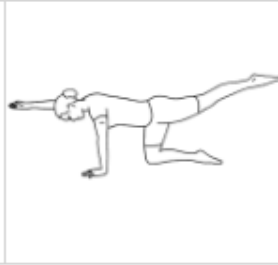
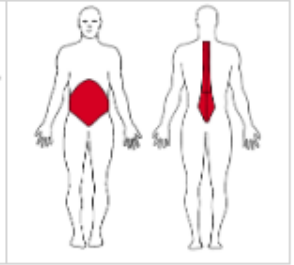
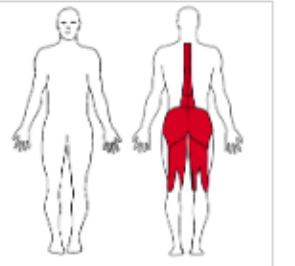
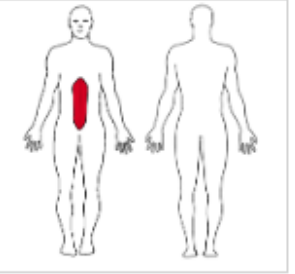
Rad 1

Övning	Axelpress med böjda ben		
1			
Övning	Armhävningar		
2			
Övning	Gå upp och ner på armbågar		
3			
Övning 3	Stående flyers med hantlar		
4			

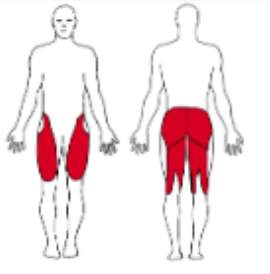
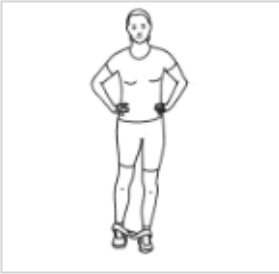
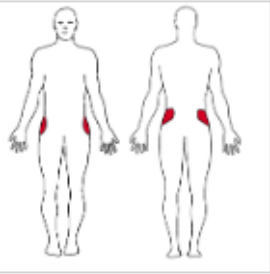
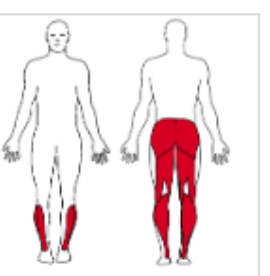
Rad 2

Övning	Snedat situps
1	  
Övning	Rotation med boll - Russian twist
2	  
Övning	Plankan med rotation
3	  
Övning	Maghjul
4	

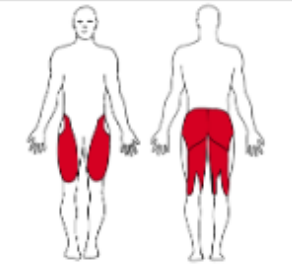
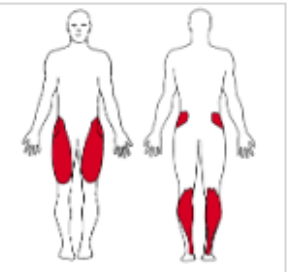
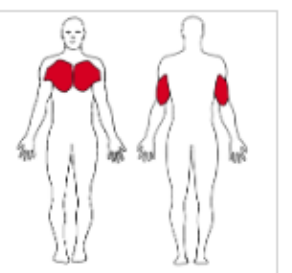
Rad 3

Övning	Magliggande ryggresning		
1	  		
Övning	Lyft av motsatt arm och ben		
2	  		
Övning	Bäckenlyft		
3	  		
Övning	Situps med pinne		
4	  		

Rad 4

Övning	Hoppande utfall		
1			
Övning	Utåtförare höft		
2			
Övning	Draken		
3			
Övning	Balansplatta - knäböj		
4			

Rad 5

Övning	Steg upp på step-up bräda		
1			
Övning	1 ben box jump		
2			
Övning	Dips på step-up bräda		
3			
Övning	Tåhävning på box		
4			