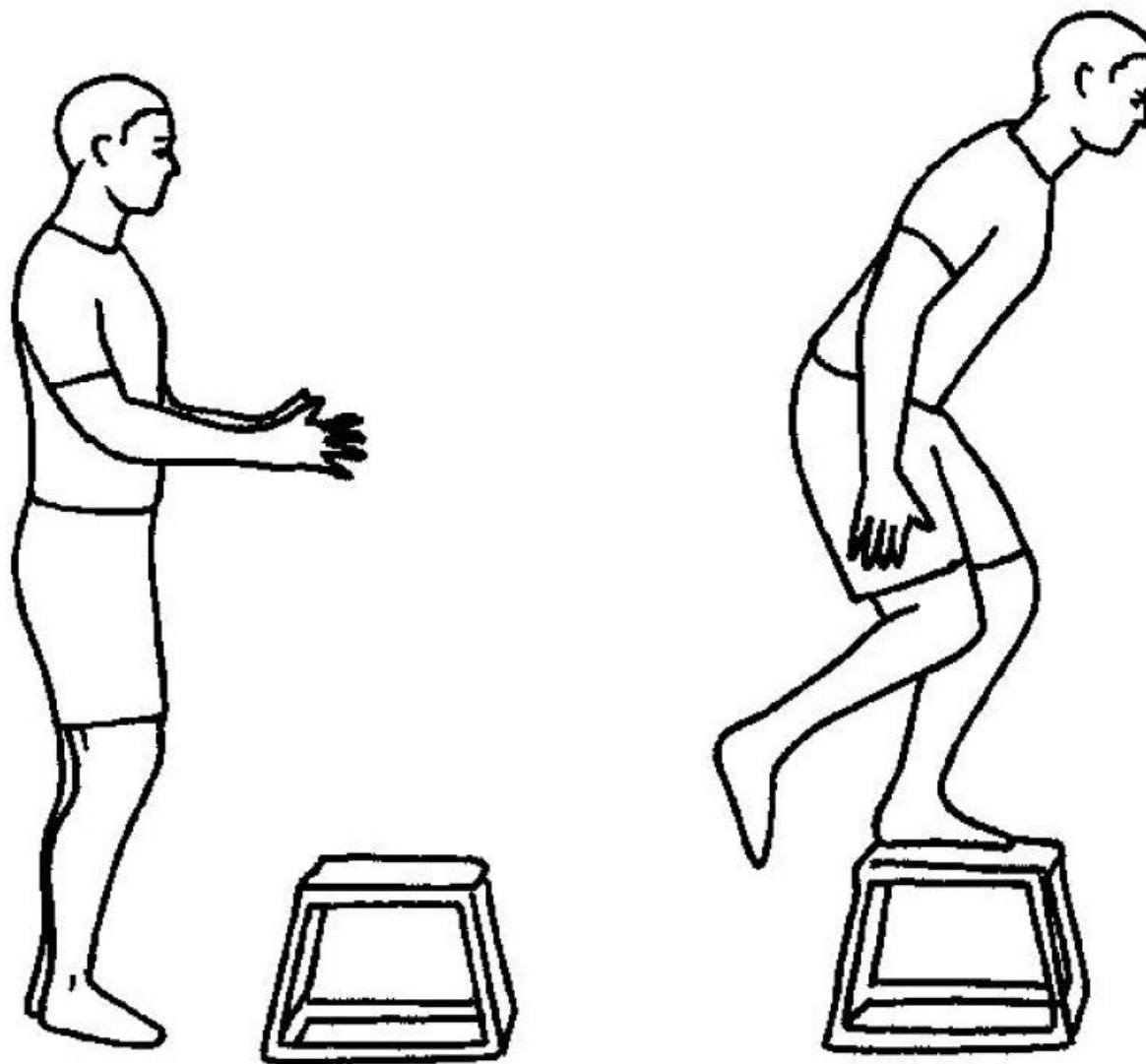
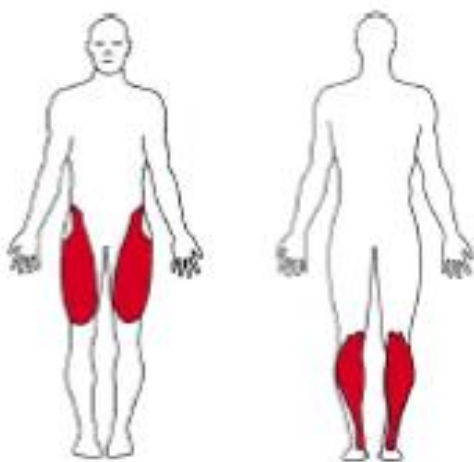
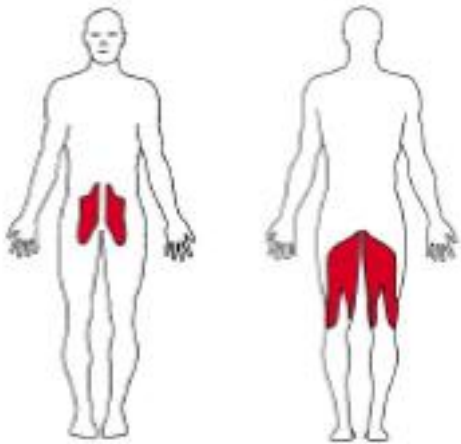


Hoppa upp på boxen med ett ben

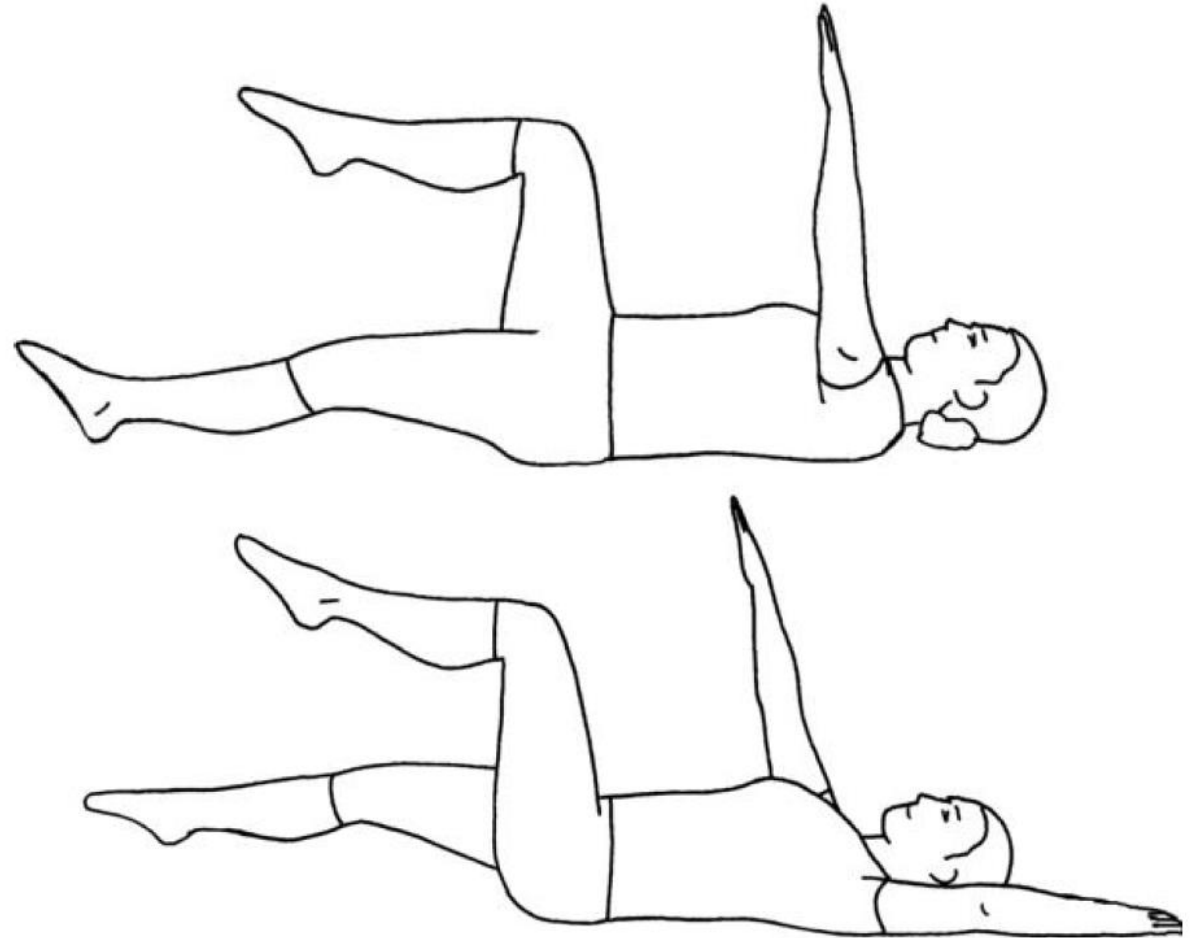
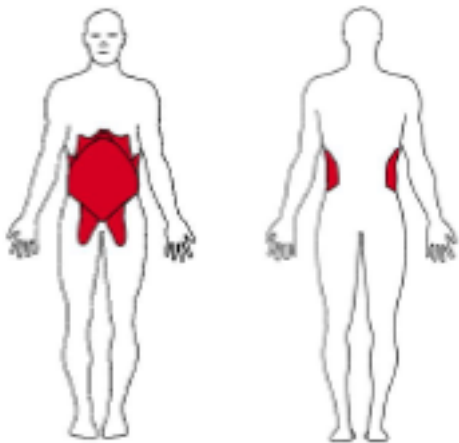


Byt ben varannan gång

Spring på stället med hälkick

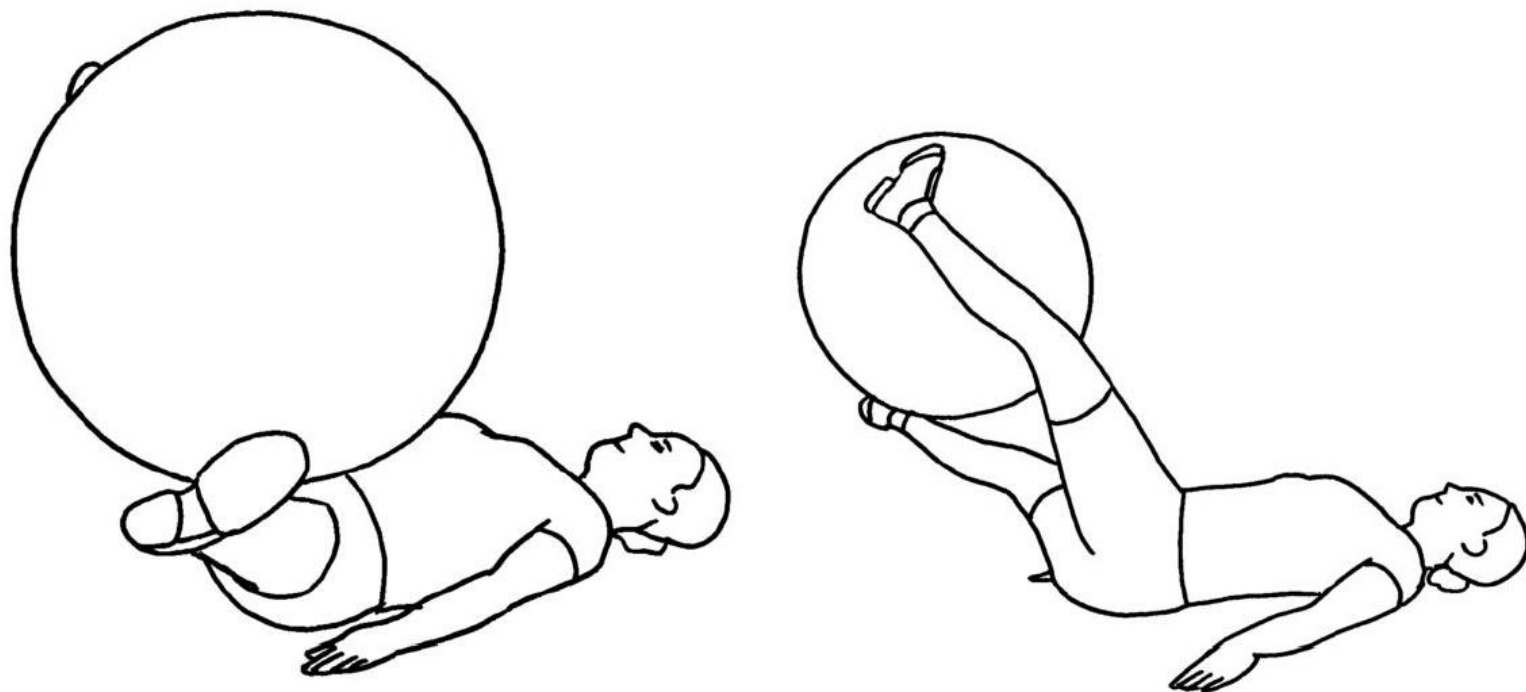
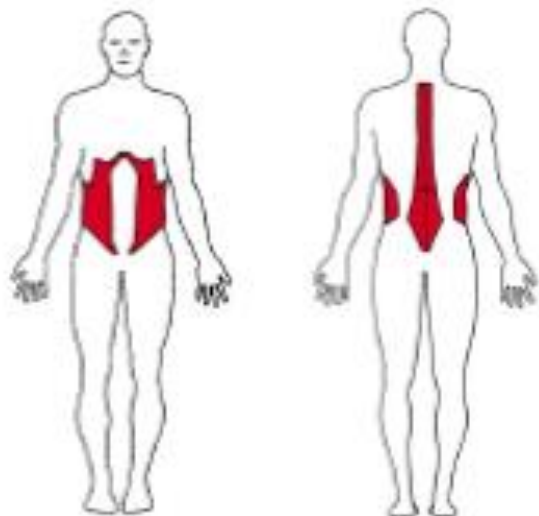


“Dead bug”



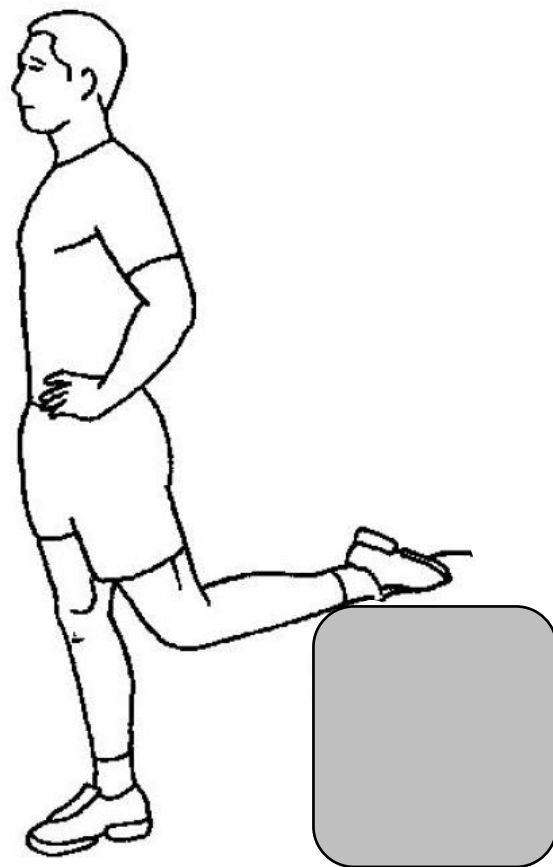
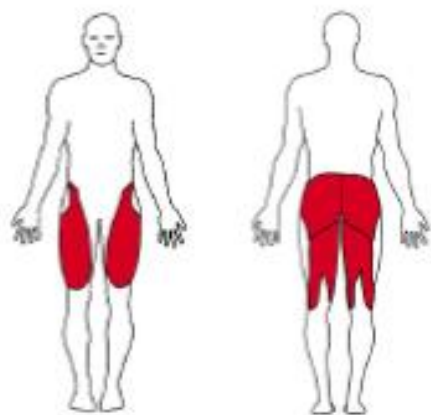
Sänk arm och ben diagonalt och byt höger och vänster varannan gång

Underkroppss- rotation med boll

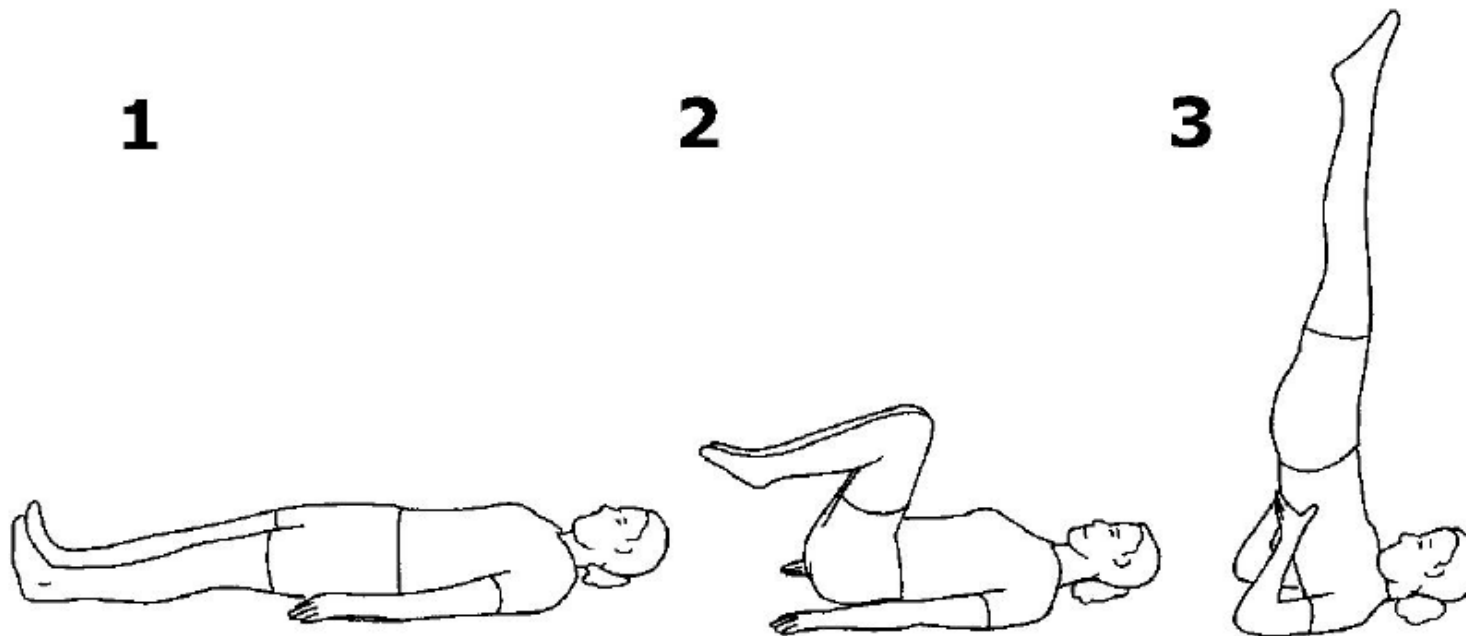
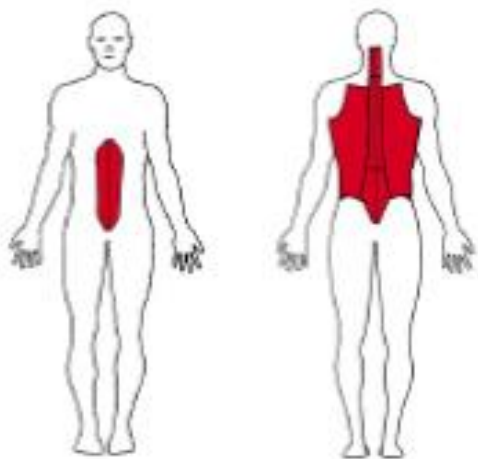


Försök ha ryggen i golvet

Bulgariska utfall på jumpbox

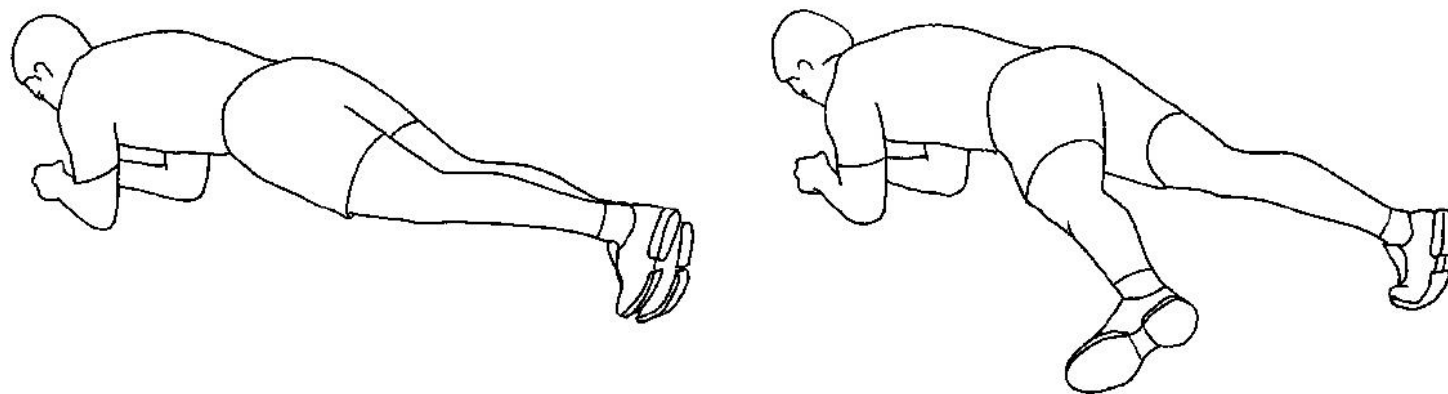
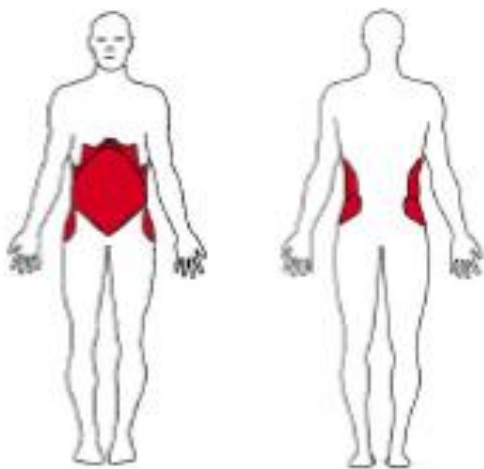


Skulderblads- stående



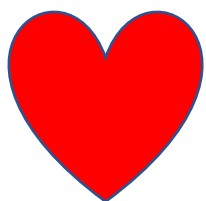
Flera repetitioner utan att stanna

Plankan med benutdrag

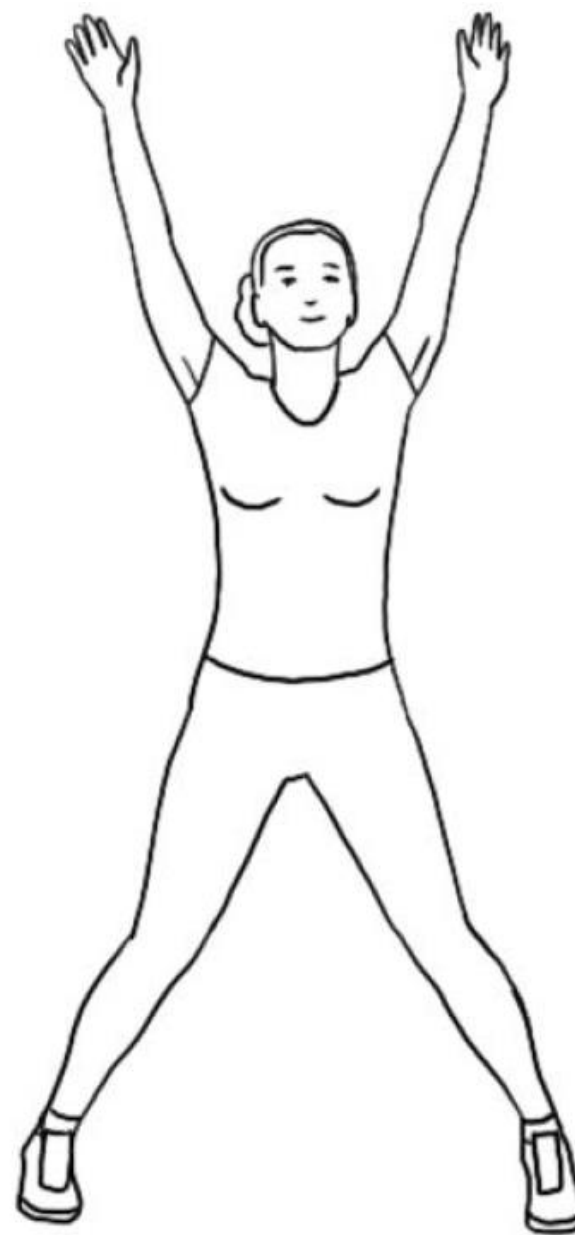
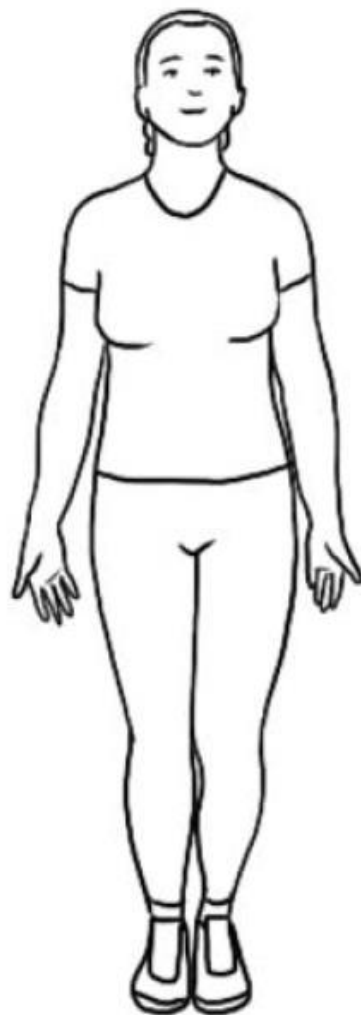


Varannan gång höger ben och varannan gång vänster ben

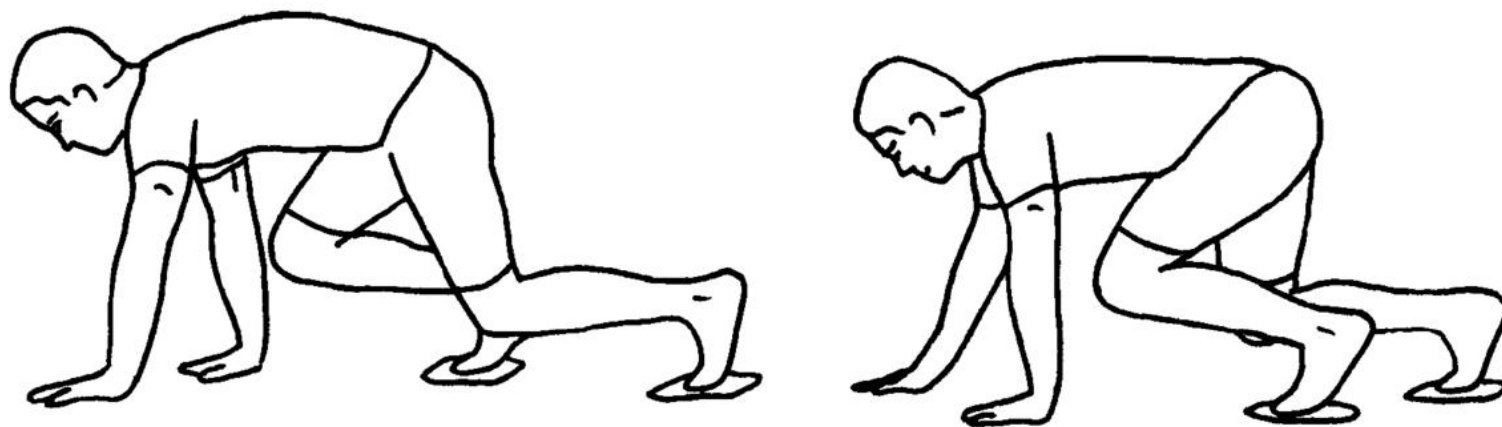
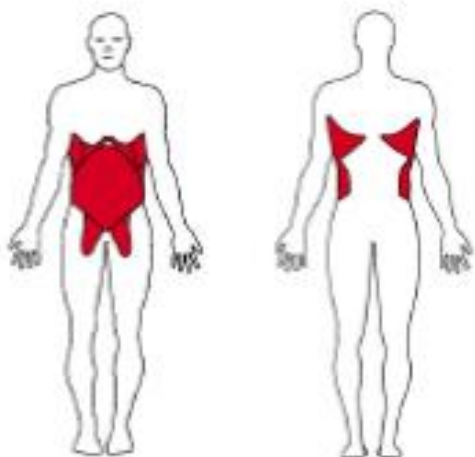
“Jumping jacks”



= Puls



“Björngång”



Diagonal gång fram och baklänges utan knän i golvet

Egen övning
utan redskap

