

Parövningar

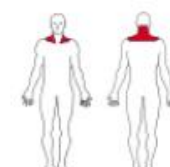
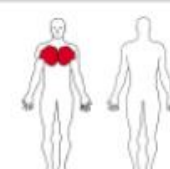
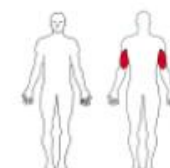
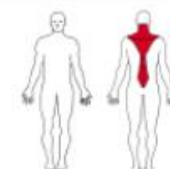
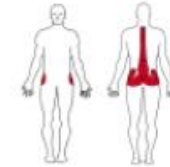
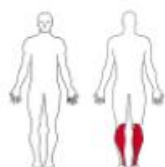
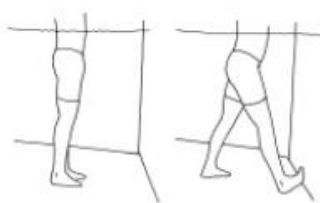
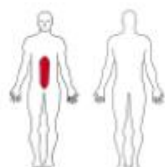
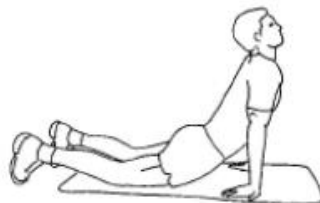
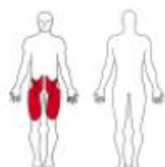
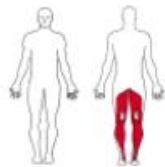
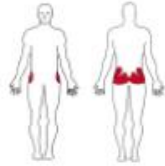
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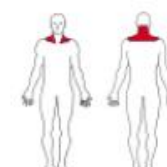
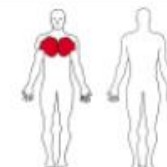
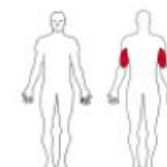
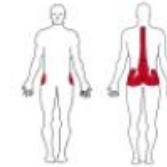
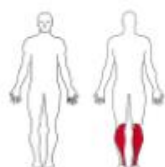
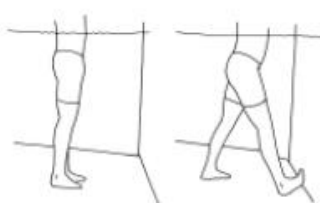
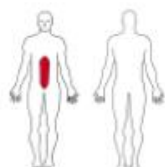
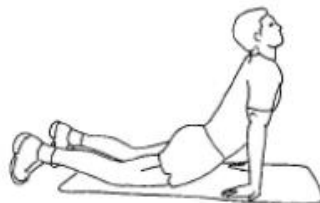
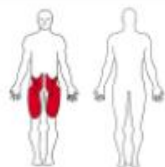
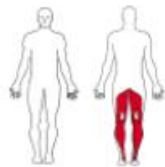
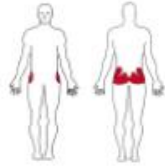


Avslutning – stretch



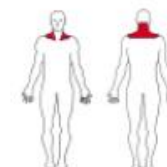
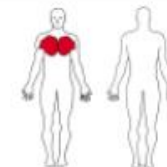
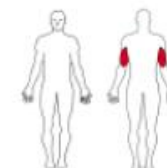
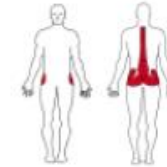
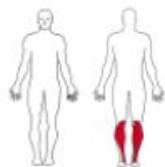
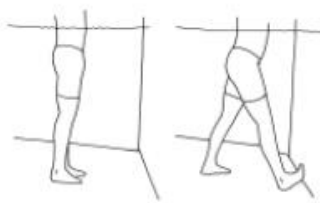
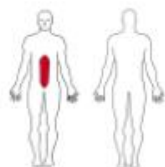
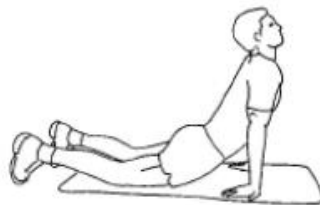
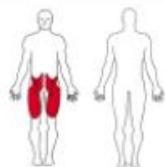
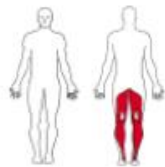
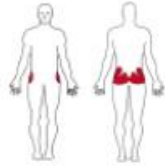


Avslutning – stretch



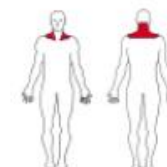
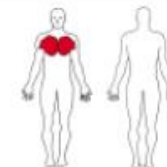
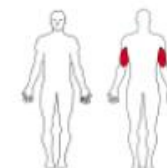
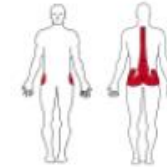
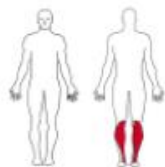
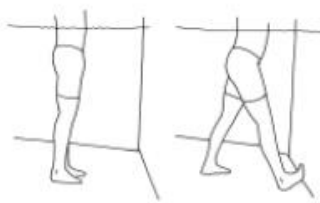
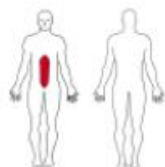
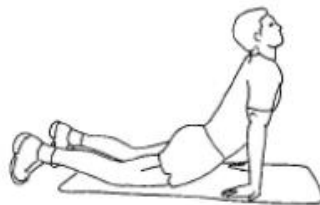
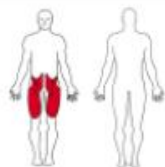
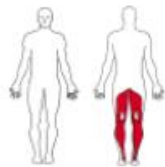
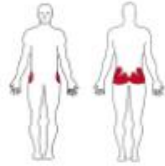


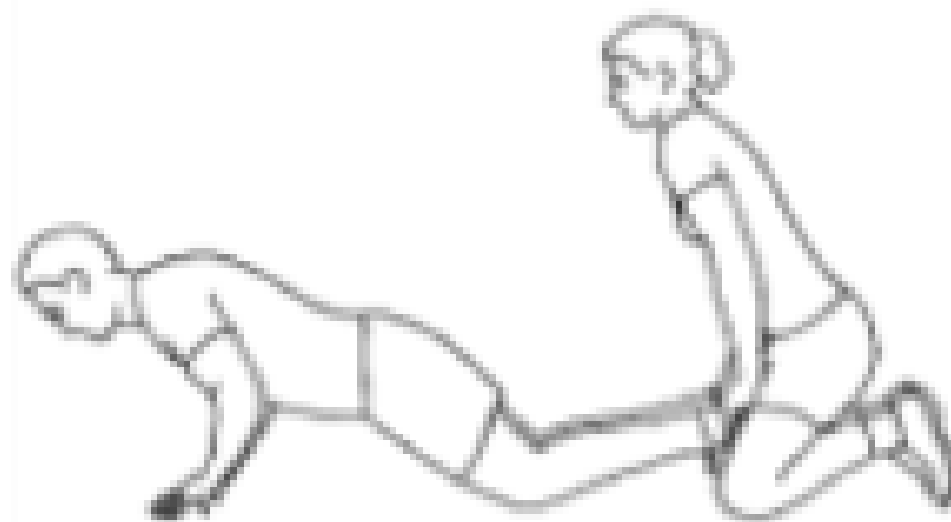
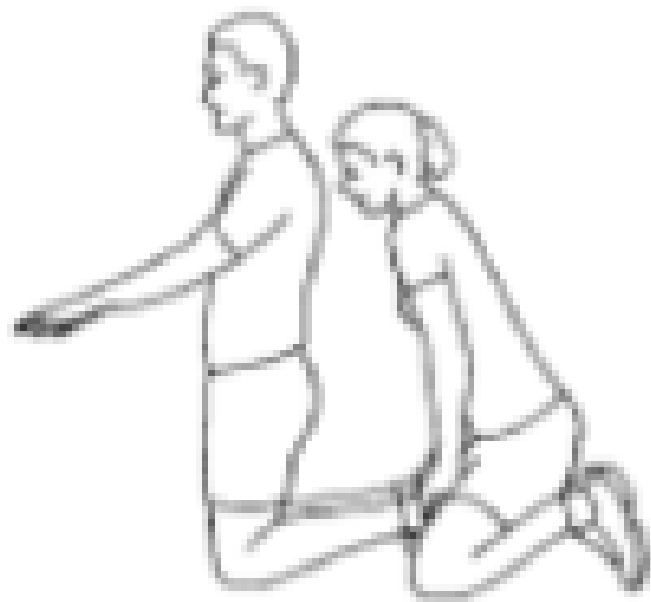
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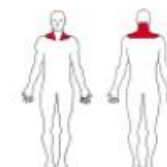
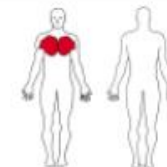
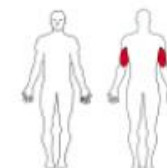
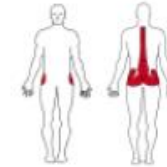
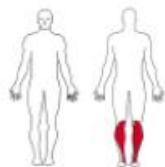
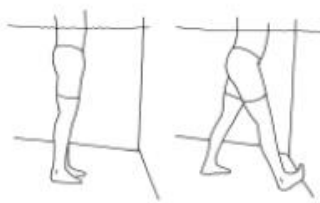
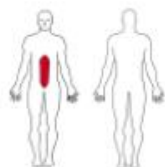
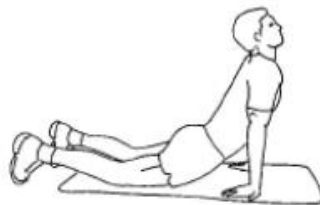
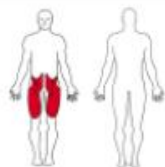
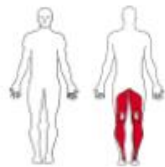
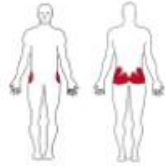


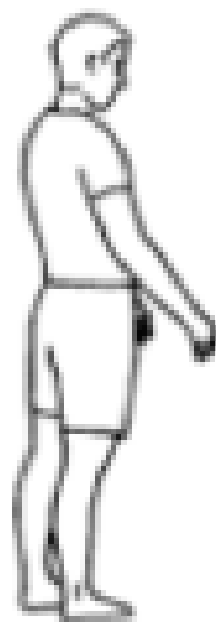
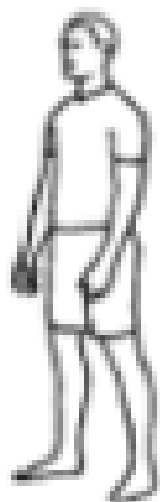
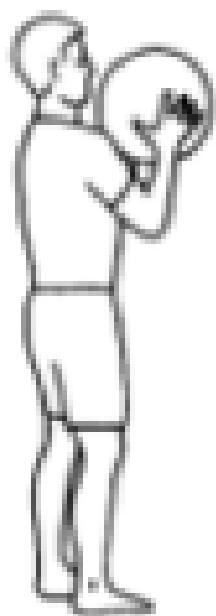
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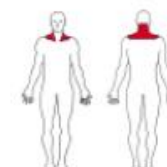
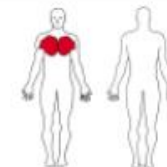
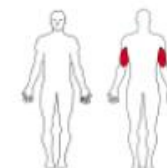
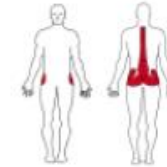
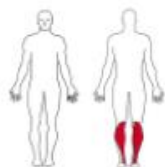
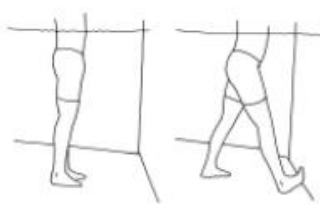
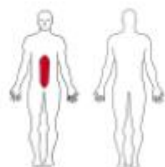
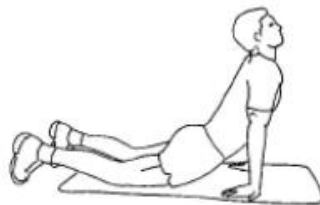
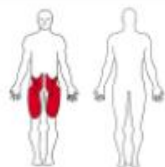
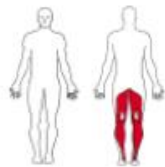
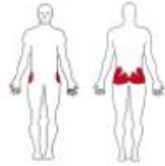


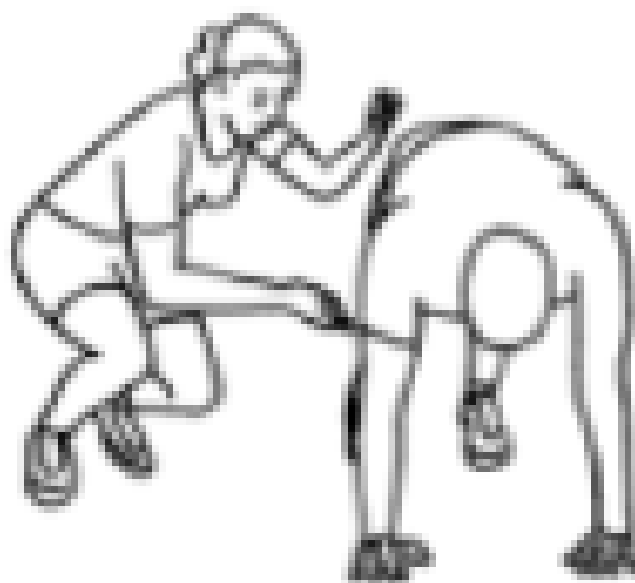
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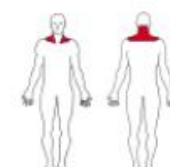
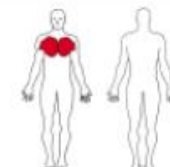
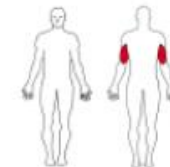
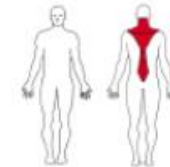
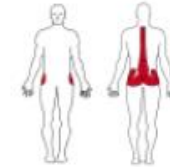
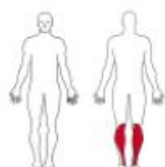
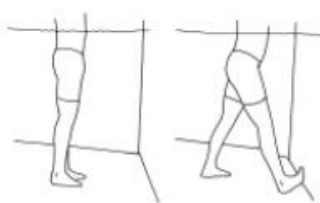
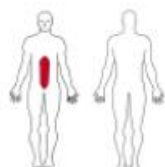
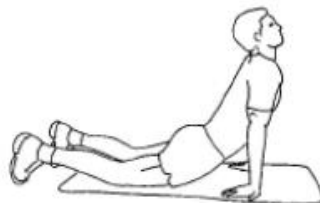
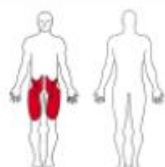
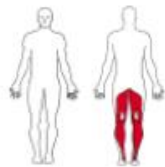
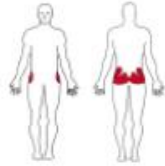


Avslutning – stretch





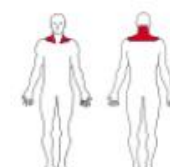
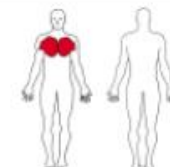
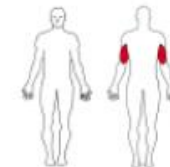
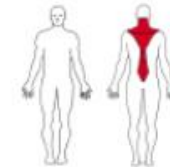
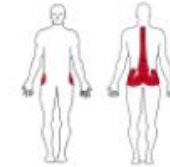
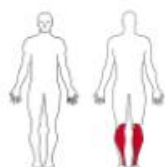
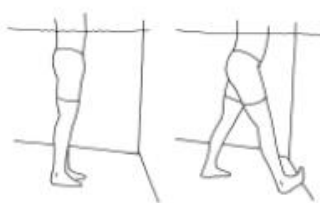
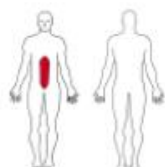
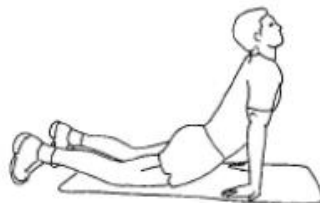
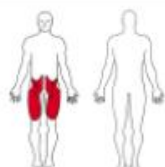
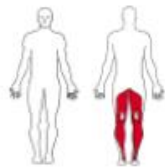
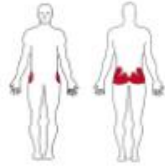
Avslutning – stretch





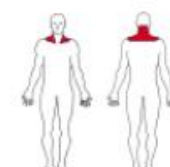
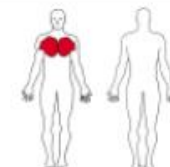
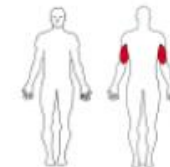
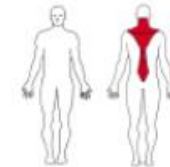
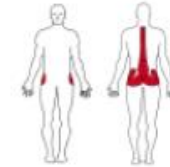
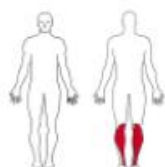
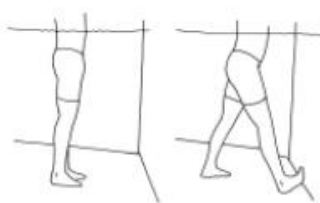
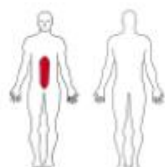
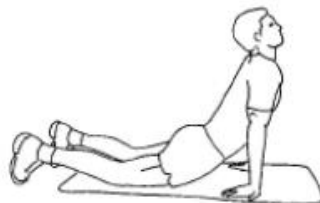
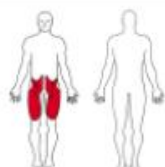
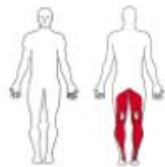
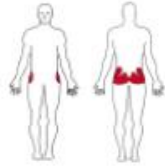
STRÄVA EFTER ATT
HÅLLA HÖFTERNA RAKA
OCH INTE GUNGA ELLER
BÖJA DEM

Avslutning – stretch



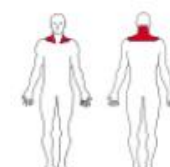
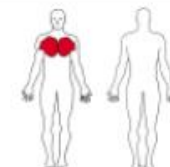
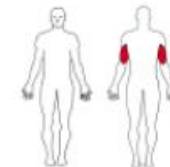
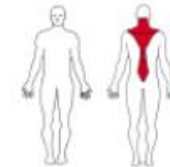
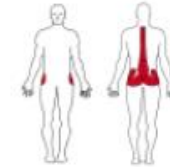
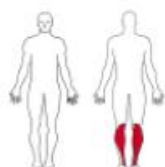
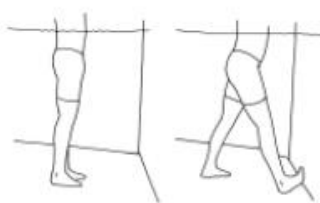
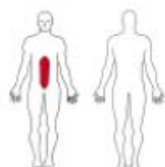
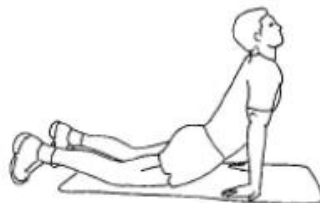
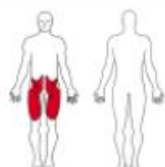
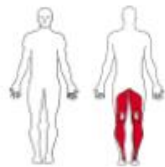
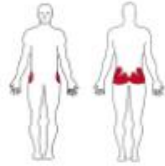


Avslutning – stretch





Avslutning – stretch



Omvänd rodd

Du som är motstånd:

Stå bredbent och lite lutad framåt.

Du som utför övningen:

Greppa tag i din kompis handleder.

Dra din kropp uppåt i en rodd-rörelse.

Håll dina axlar nedåt och bakåt.

Upprepa.

Tips!

Är det för tungt?

Sitt i skräddarställning.

Eller böj benen i knäleden.



ÅTERIGEN, BEHÅLL
EN RAK KROPP
GENOM ÖVNINGEN

Avslutning – stretch

