



7 utmaningar

Stå på knä
utan
armbågar i
marken



Level 1



Level 1



Hoppa till stående

2 olika sätt

Level 2



Level 2



Level 2



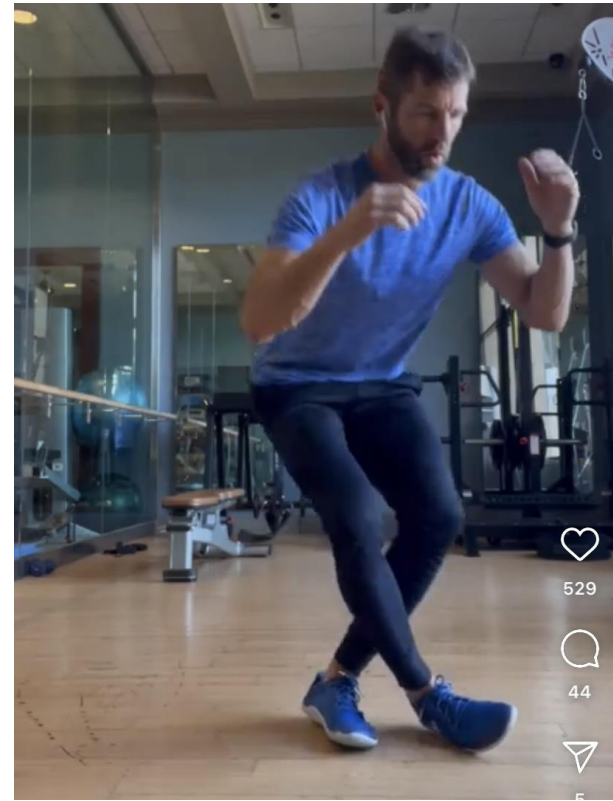
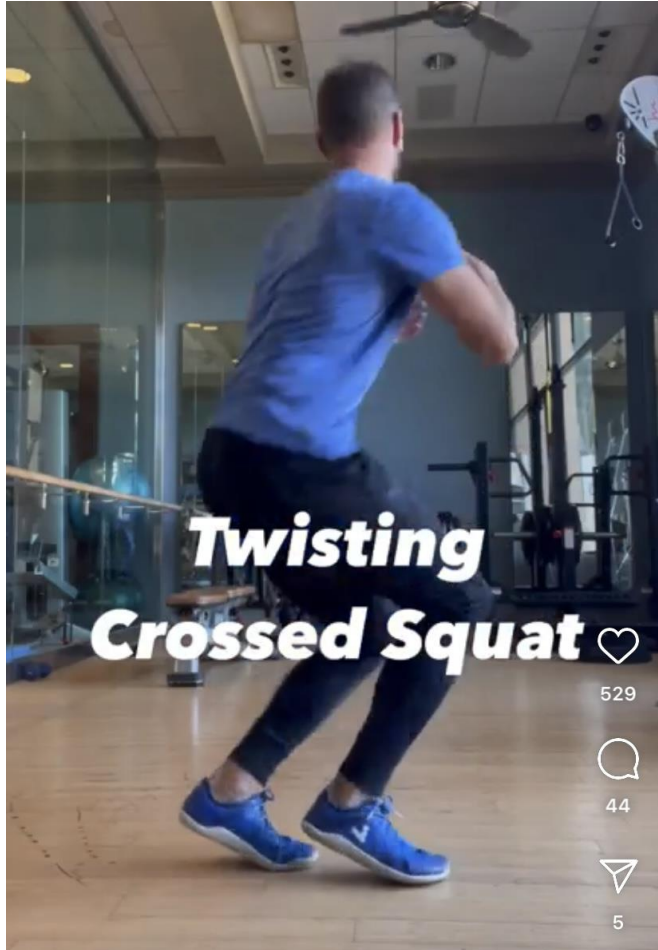
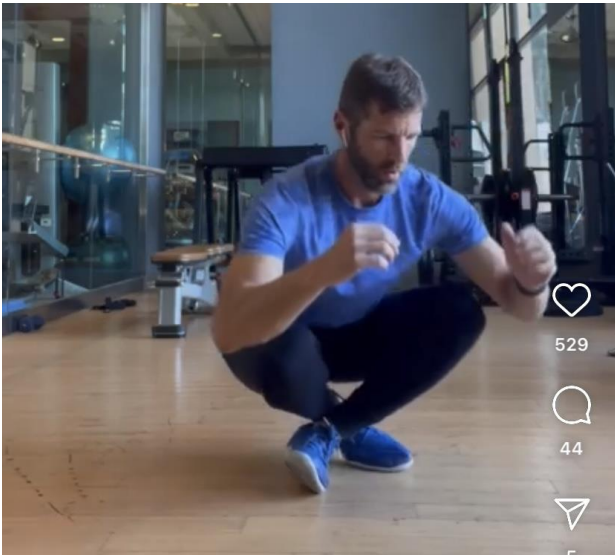
Balans



Till stående position



Twistrotation



360 grader



Parövning

