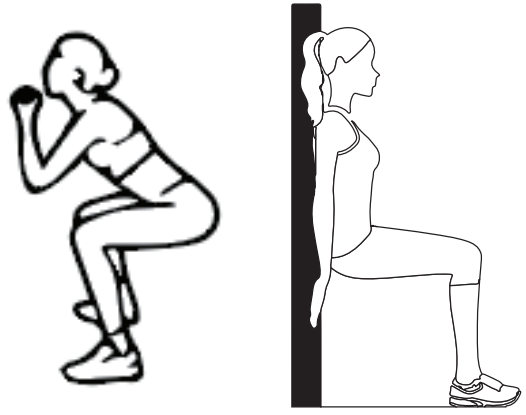
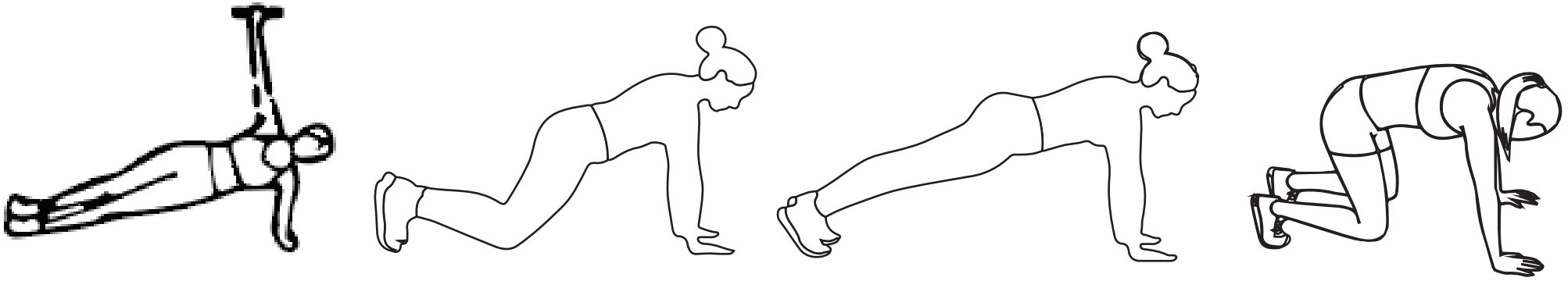
BEN

SQUAT/BENBÖJ
MED KNÄLYFT/HOPP
JÄGARVILA



MAGE

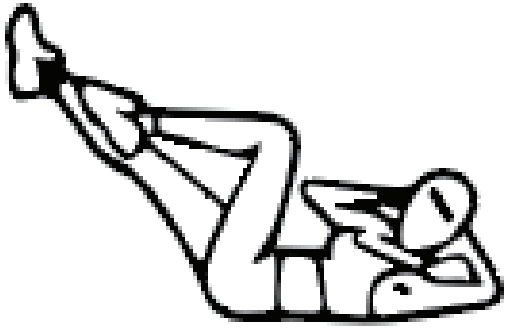
HOVER/PLANKAN/BEAR



MAGE

KRABBA/CYCKLA/

RUMPLYFT



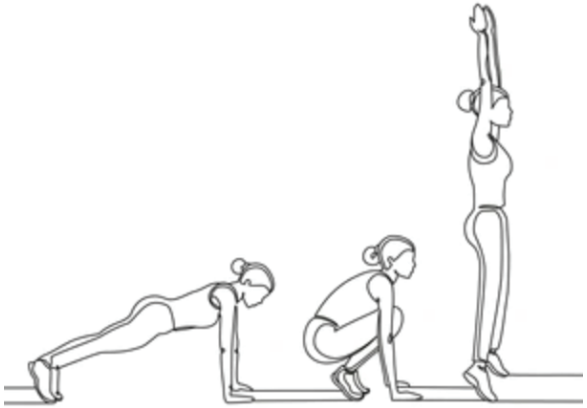




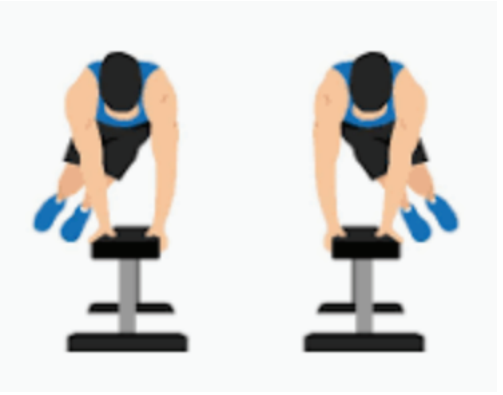
PULS

MATTA/HOPPA/BURPEE/ HOPPREP/BÄNKHOPP









MAGE

SIT-UP/ RUSSIAN TWIST/ FÄLLKNIV





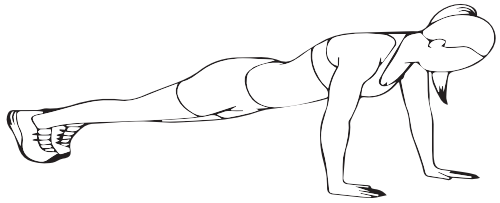


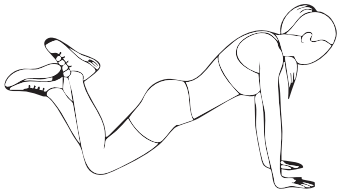




BRÖST/TRICEPS

ARMHÄVNINGAR / TRICEPS/DIPS





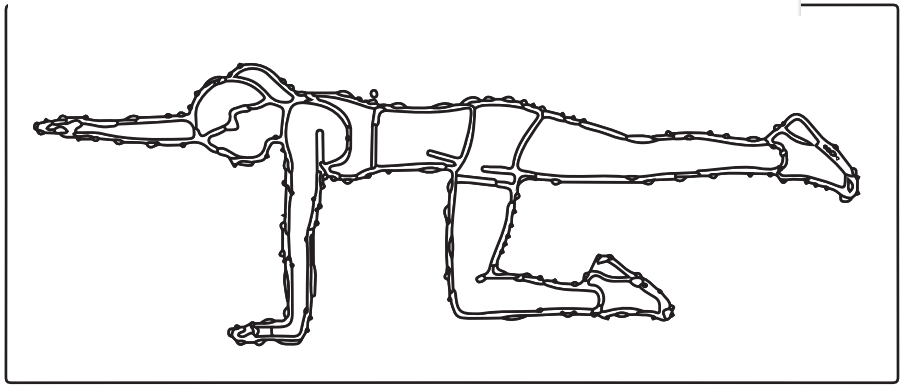


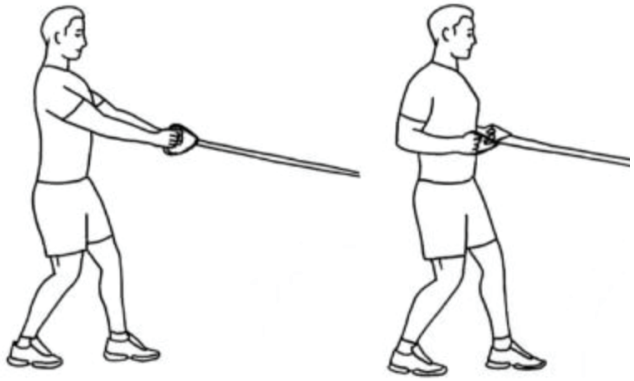


RYGG

RYGGLYFT/LYFT/RODD

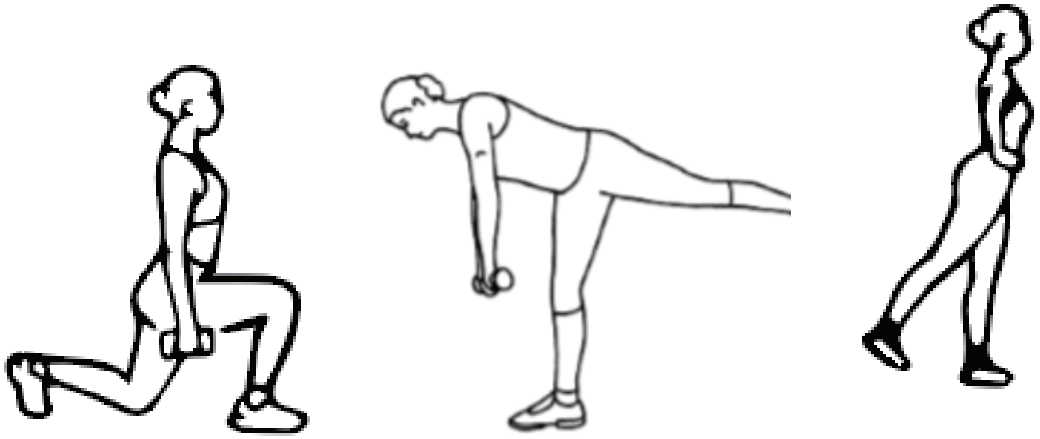


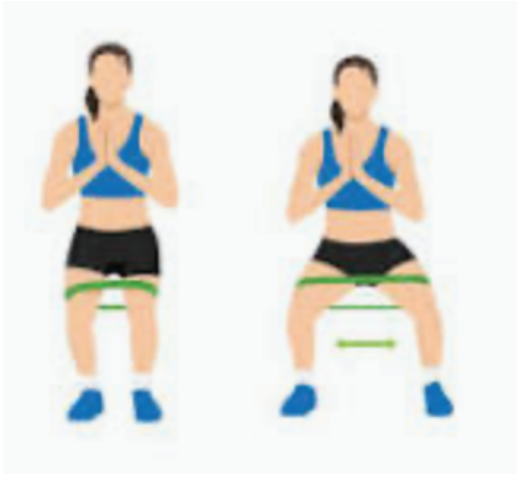




BEN

UTFALL/DRAKEN
SIDOSTEG





PULS

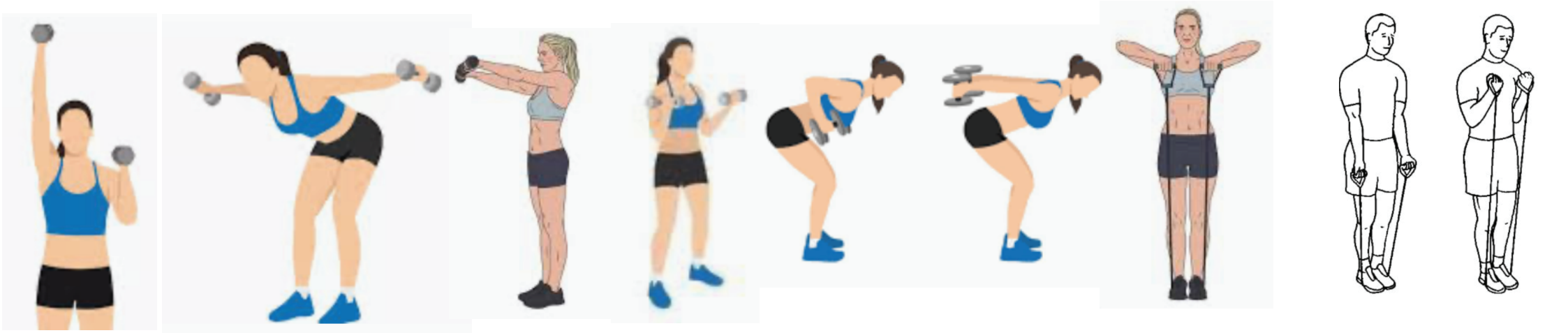
SPRING/GÅ/KICKBACK/ SNABBA FÖTTER





AXEL/BICEPS

HANTELLYFT/GUMMIBAND



SQUAT-MAGE/SIT-UP/SNEDA

RYGG-MAGE/PLANKA

PULS PÅ STÄLLET-MAGE/FÄLLKNIV

UTFALL/DRAKE-BRÖST/ARM

PULS RÖRELSE-MAGE CYKLA