

Höftlyft i omvänd planka

A



B

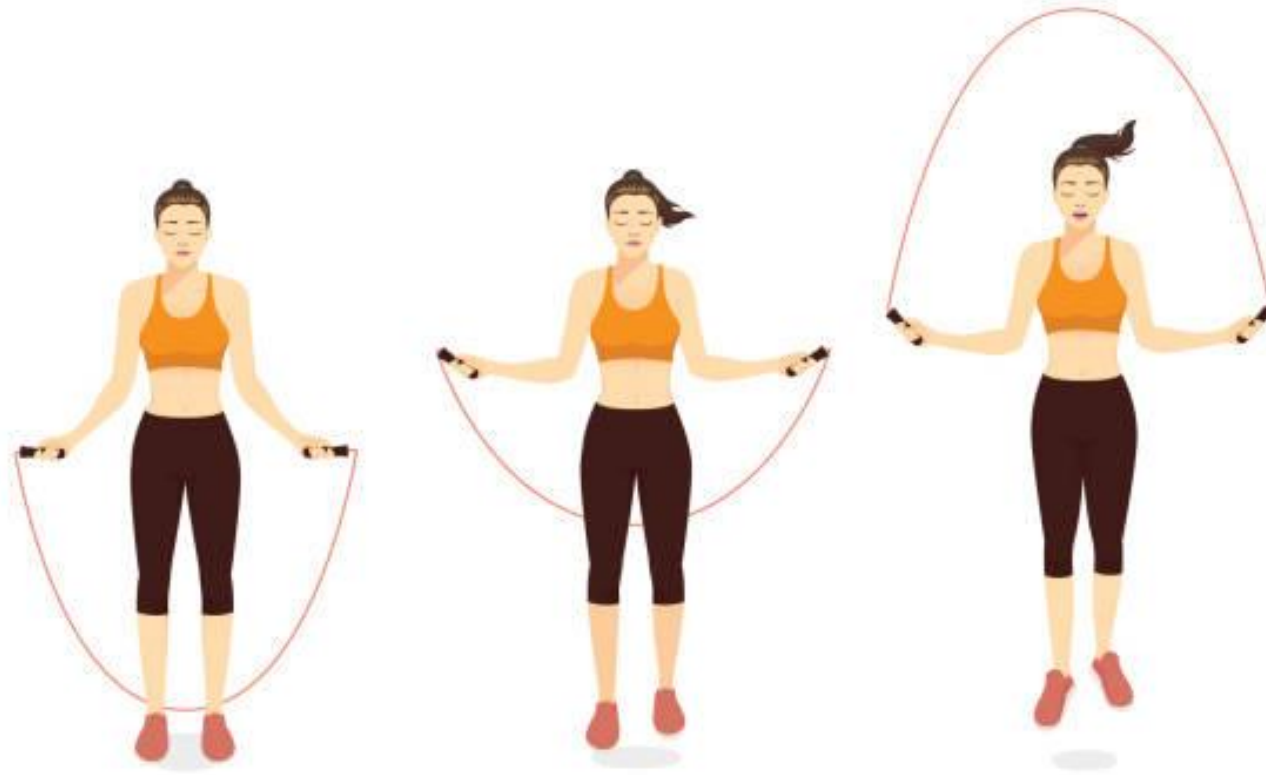


Höftlyft



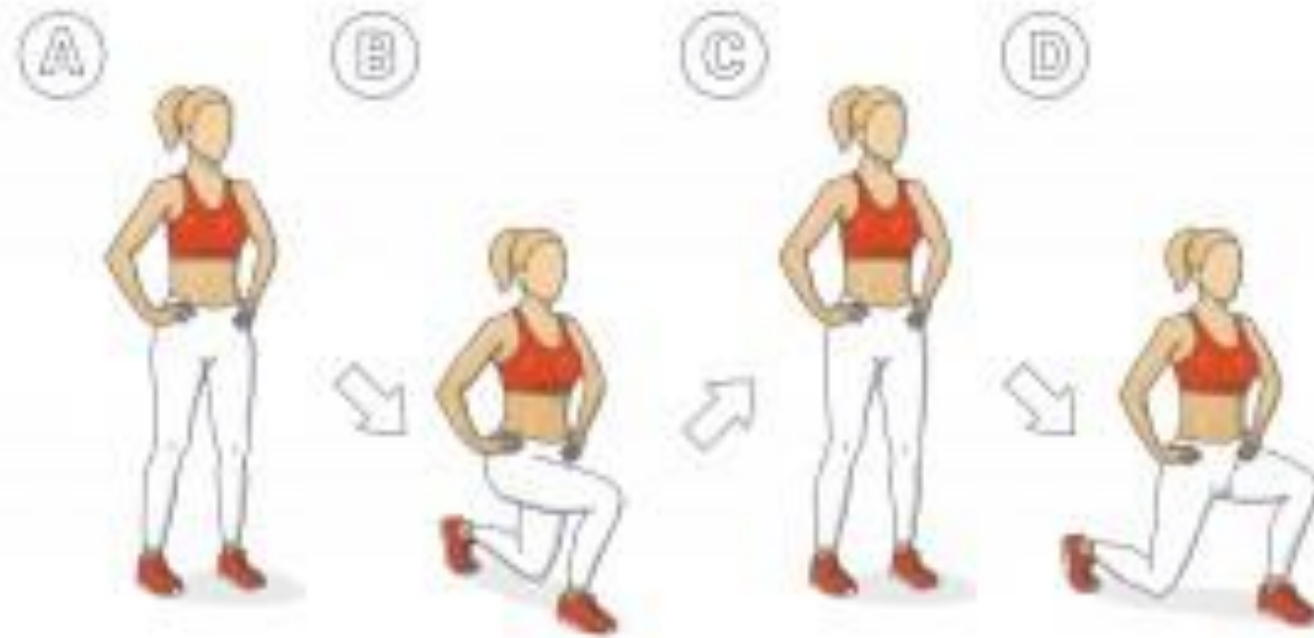
FITNESSFIA.COM

Hopprep



Utfall

TRADITIONAL LUNGES





Squats

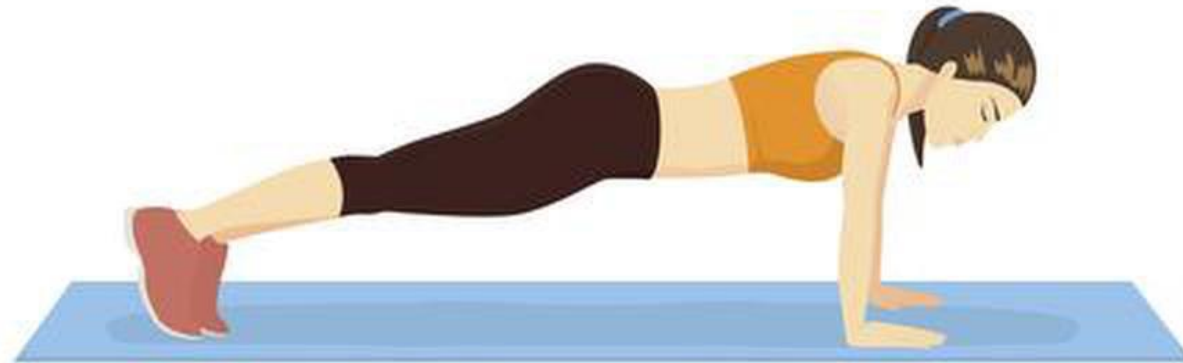
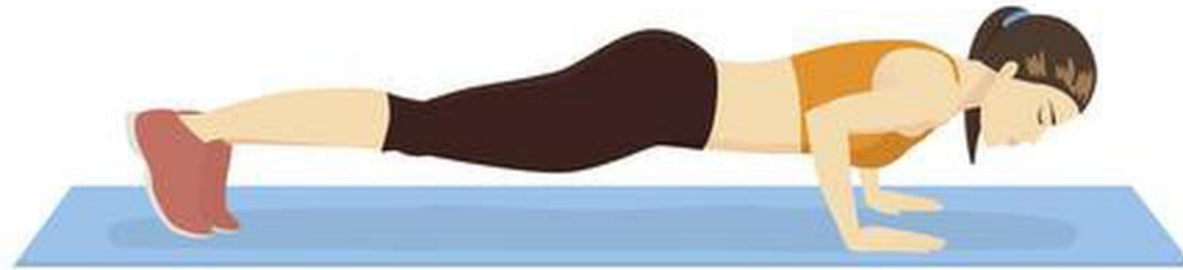
Burpees



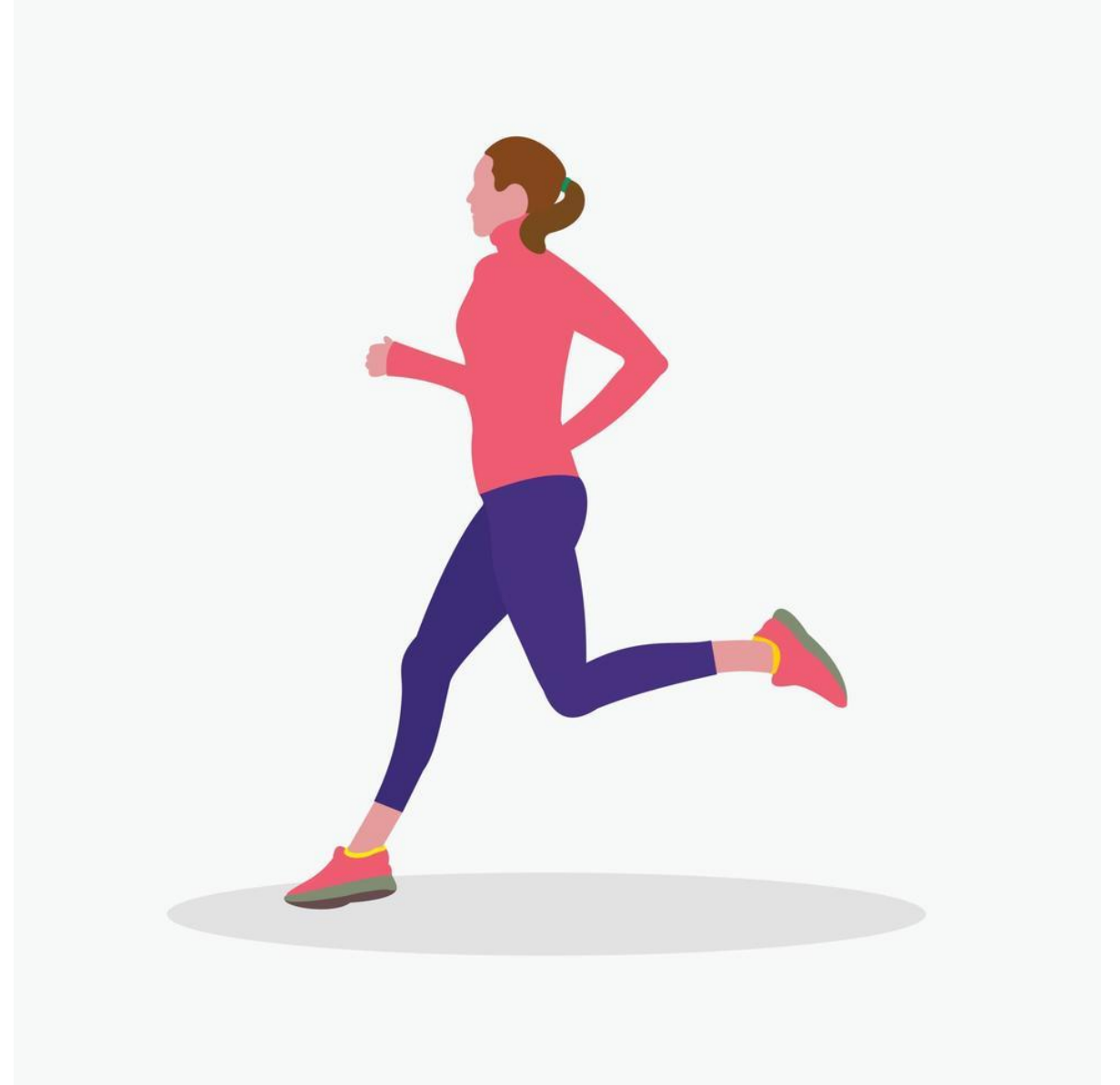
Sit-ups

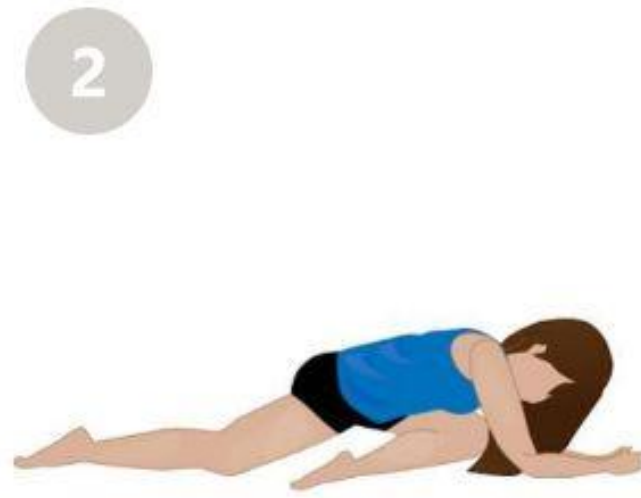


Push-ups



Löpträning





Spagat träning