

Övningar från MAQ (Muscle Action Quality) Program A

A. Aktiva rörlighetsövningar

1. Djup knäböjning

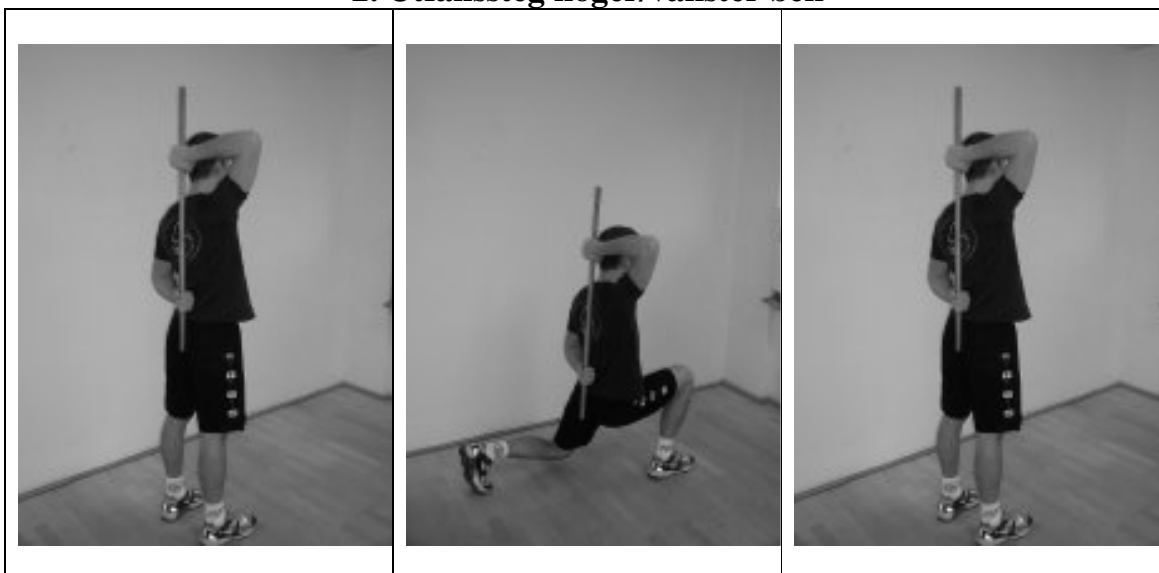


1a

1b

1c

2. Utfallssteg höger/vänster ben

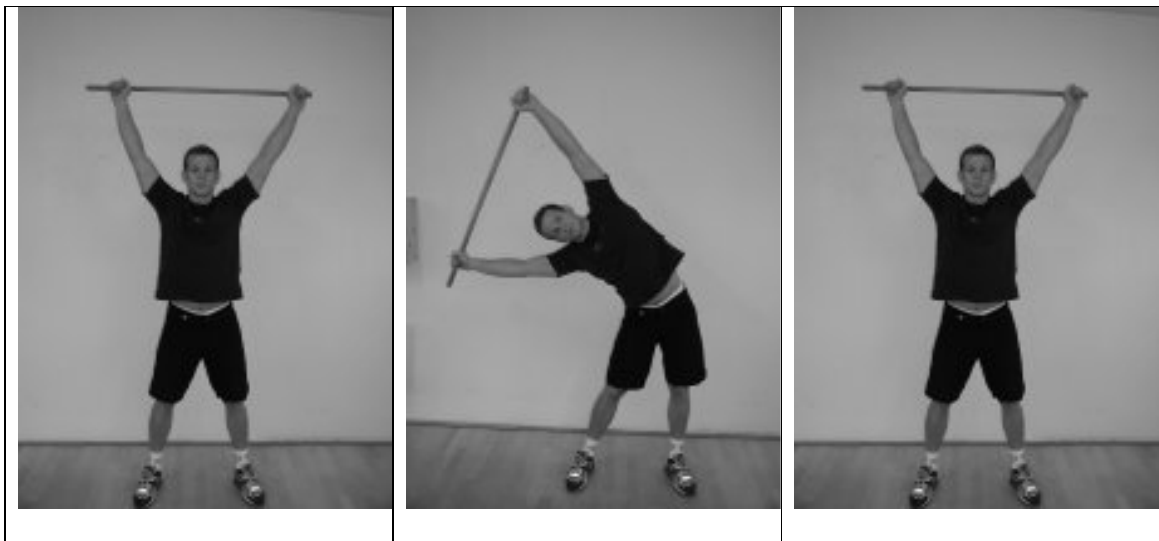


2a

2b

2c

3. Sidböjning höger/vänster



3a

3b

3c

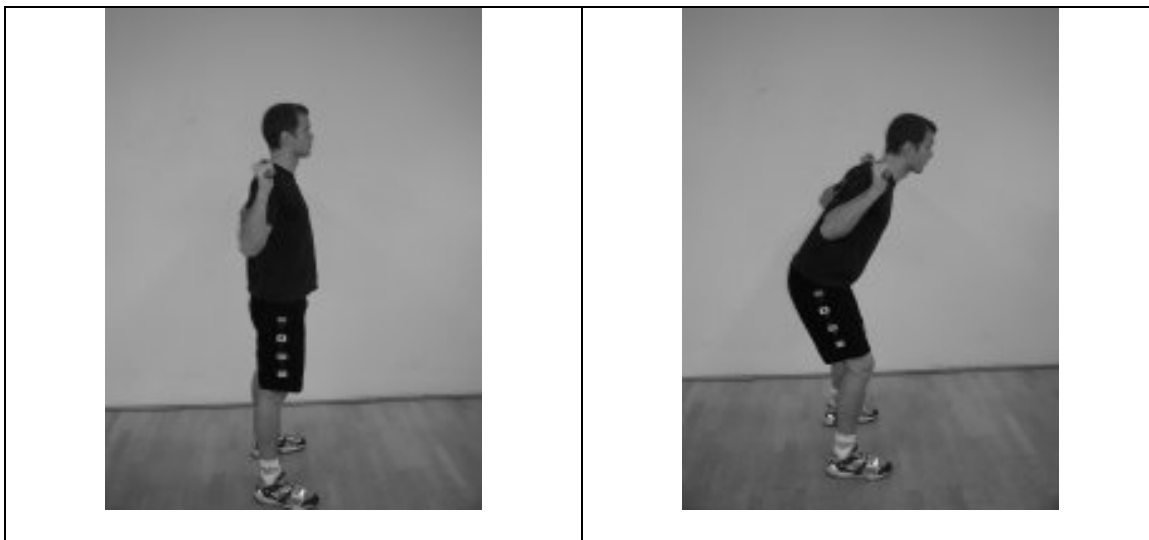
4. Hamstring höger/vänster ben



4a

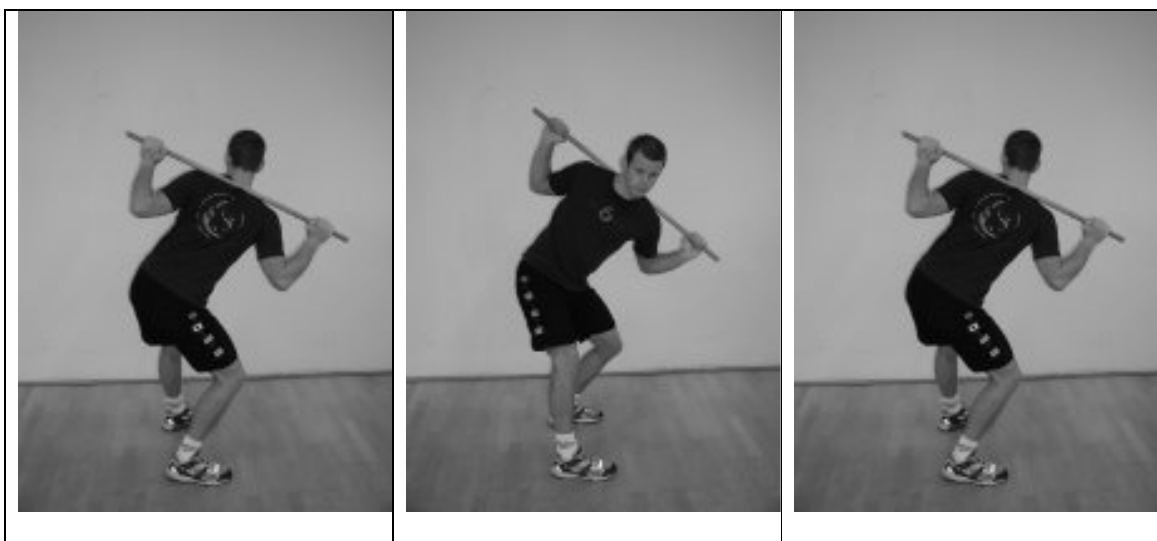
4b

5. Rotation



5a

5b



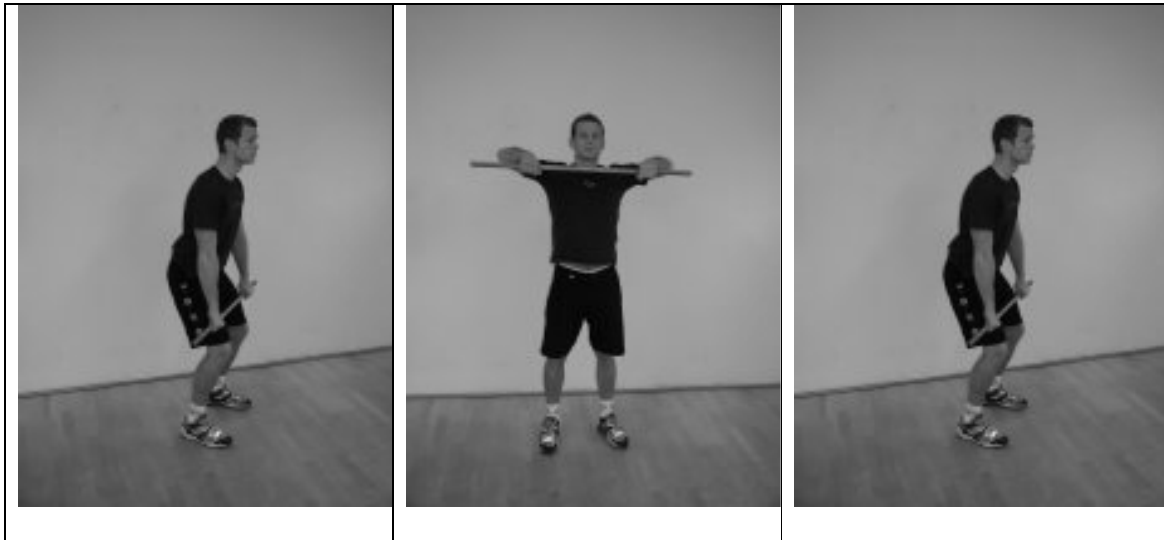
5c

5d

5e

B. Styrkeövningar med skivstång/viktskiva

6. Stående rodd

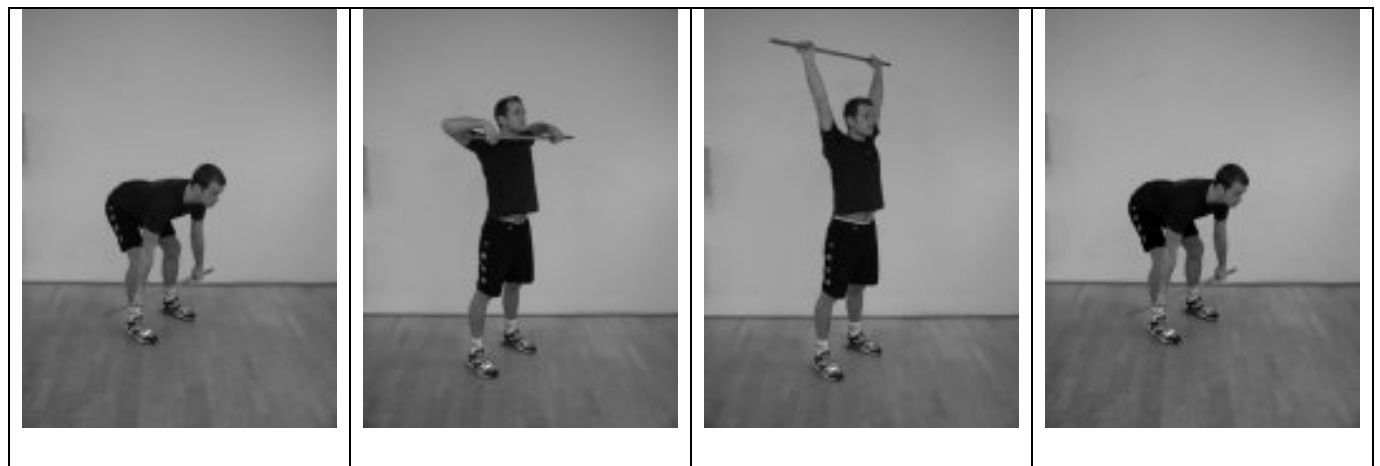


6a

6b

6c

7. Höga drag



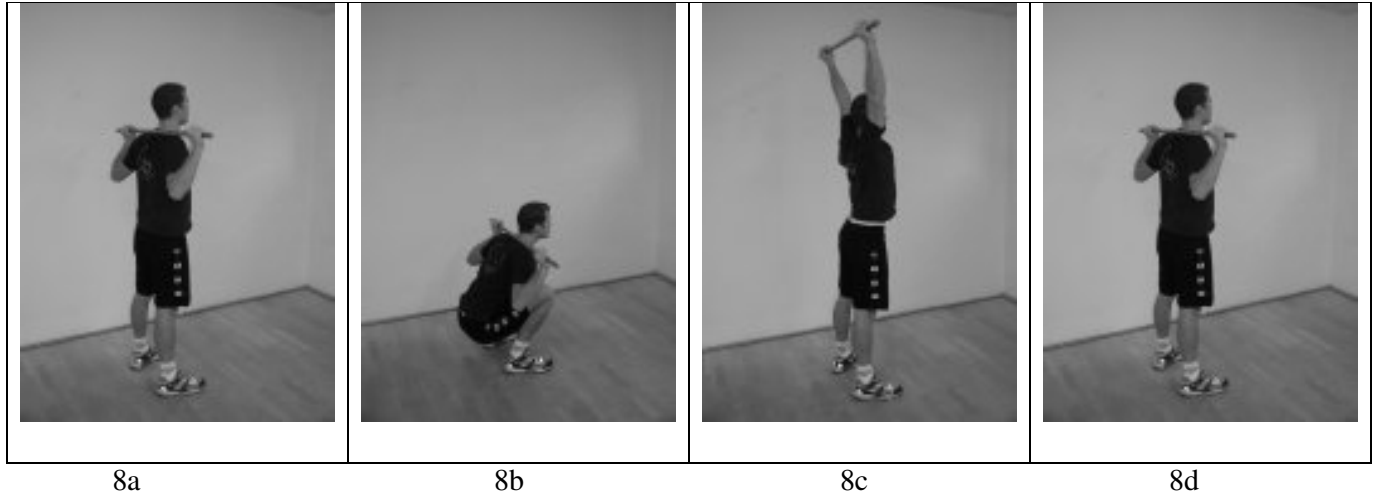
7a

7b

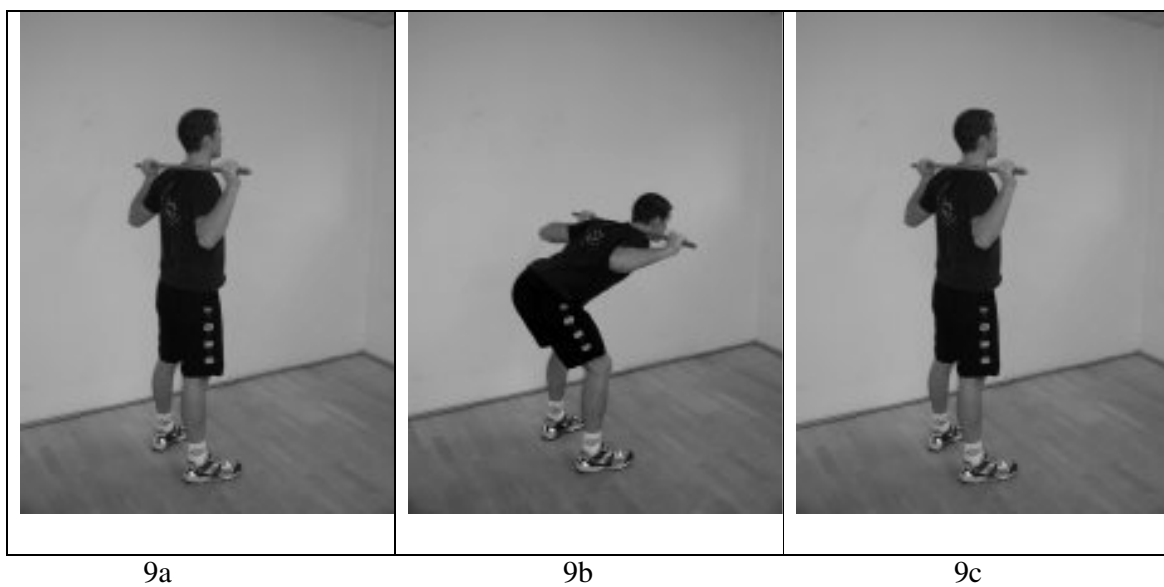
7c

7d

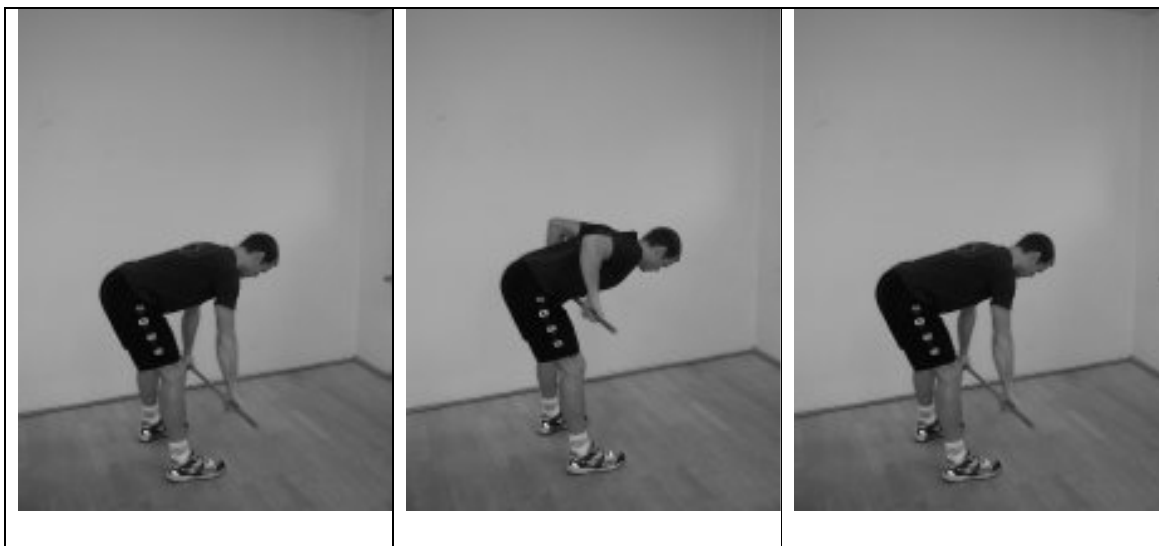
8. Knäböjning med press bakom nacken



9. Good morning



10. Framåtlutande rodd



10a

10b

10c

11. Utfallgång med viktskiva höger/vänster ben



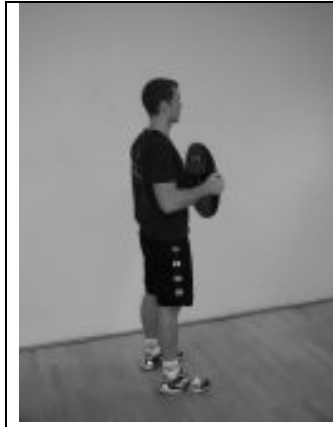
11a

11b

11c

11d

12. Draken/Heldraken höger/vänster ben



12a



12b



12c

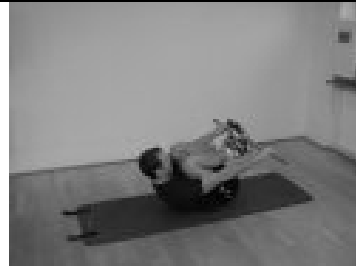


12d

13. Situp med käpp



13a



13b



13c

14. Push up från boxar



14a



14b



14c

15. Parvis hamstringcurl (Program B)



15a



15b



15c

16. "Plankan" – 6 olika varianter (Program B)



16a



16b



16c



16d



16e



16f