



UPPVÄRMNINGSPROGRAM 2020

STARTA MED 5 MINUTERS JOGGING

2-3 VARV

UTFÖR ÖVNINGARNA MED KONTROLL | LUGNT TEMPO, KORT VILA MELLAN ÖVNINGARNA (ca 10-15 sek)

- 1. HIP SWINGS, FORWARD/BACK** 12 REP/BEN
- 2. HIP SWINGS, SIDE/SIDE** 12 REP/BEN
- 3. HEEL PULL TO SIDE LOUNGE** 6 REP/BEN
- 4. KNEE PULL TO REVERS LOUNGE** 6 REP/BEN
- 5. PRISONER SQUATS** 12 REP
- 6. INCH WORM WITH PUSH-UP** 8 REP
- 7. 5 LONG JUMPS** 3 REP
- 8. 3 BUNNY HOPS TO SPRINT** 3 REP
- 9. 3 SQUAT JUMPS TO SPRINT** 3 REP
- 10. 3 SPLIT SQUATS TO SPRINT** 3 REP