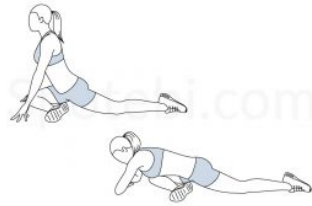


Dead Bug



DNS Säte



Draken



Hamstring gång



Bird-Dog



90-90



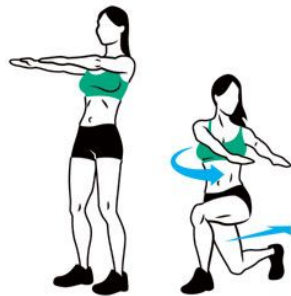
OHS (Overhead Squat)



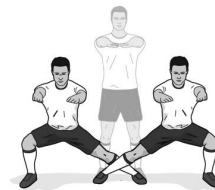
Skuldror händerna i mark





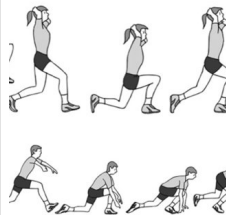






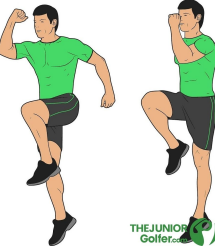



Utfall med rotation



Mr Miyagi



Gymnastikövningar - görs i fart/gående

<p>Bear Crawl</p> 	<p>Walking Heel To Butt</p> 	<p>Speedy Excentric Lunges</p> 	<p>Knee hug</p> 	<p>Straight Leg Skip</p> 	<p>Leg Cradle</p> 	<p>Calves Jump</p> <p>1 2</p> 	<p>Lateral Skridskohopp</p> 
<p>Utåt och inåtrotation höft</p>	<p>Feet forward to toe touch</p> 	<p>High Knee Skip</p> 	<p>Sicksack Run L/R</p> 	<p>Bounding Right-Right-Left-Left</p> 	<p>Överstegslöpnin g H/V</p> 	<p>Fast feet slow arms</p>	