

		Namn:										
Vecka		Övning										Sign
	6	1	2	3	4	5	6	7	8	9	10	
	1	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	2	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	3	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	8	1	2	3	4	5	6	7	8	9	10	
	1	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	2	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	3	10m fram/bak	10 st/ben	10 st/ ben	5 ggr/sida	5 ggr/sida	8 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	9	1	2	3	4	5	6	7	8	9	10	
	1	10m fram/bak	10 st/ben	12 st/ ben	6 ggr/sida	6 ggr/sida	10 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	2	10m fram/bak	10 st/ben	12 st/ ben	6 ggr/sida	6 ggr/sida	10 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	3	10m fram/bak	10 st/ben	12 st/ ben	6 ggr/sida	6 ggr/sida	10 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	10	1	2	3	4	5	6	7	8	9	10	
	1	10m fram/bak	10 st/ben	12 st/ ben	7 ggr/sida	7 ggr/sida	12 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	2	10m fram/bak	10 st/ben	12 st/ ben	7 ggr/sida	7 ggr/sida	12 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	
	3	10m fram/bak	10 st/ben	12 st/ ben	7 ggr/sida	7 ggr/sida	12 ggr/ ben	5 steg fram/bak	5 ggr	10m fram/bak	10m fram/bak	

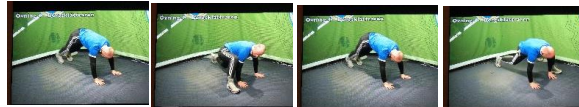
Övning Alla fyra

1



2

Klättraren



3

Draken



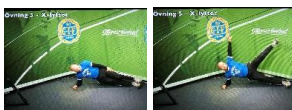
4

Can Can



5

X-lyftet



Övning

6

3-fotskombi



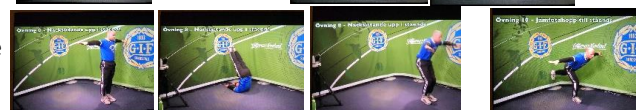
7

Elefantsteg



8

upp i stående



9

Känguruhopp



10

jämfotahopp-
stående

