

Alla övningar:

Set 1: Börja med att köra 12 rep. Klarar du höjer du vikten klarar du det inte sänker du till set 2

Set 2: 10 rep. Klarar du höjer du. klarar du inte sänker du till set 3

Set 3: Du strävar efter att klarar 8 rep annars till du inte klarar.

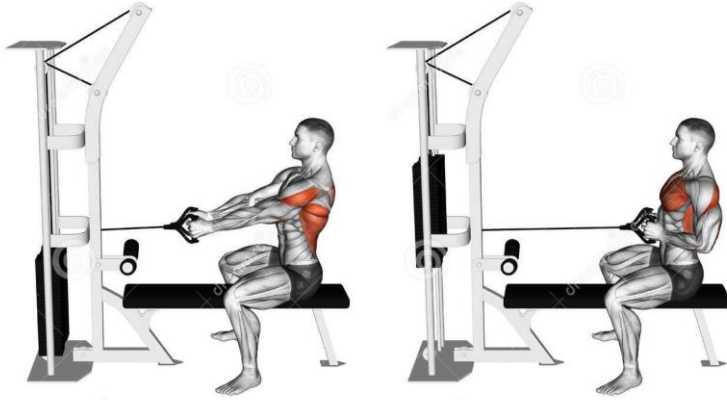


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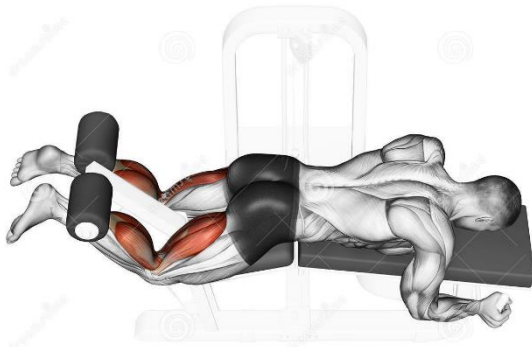
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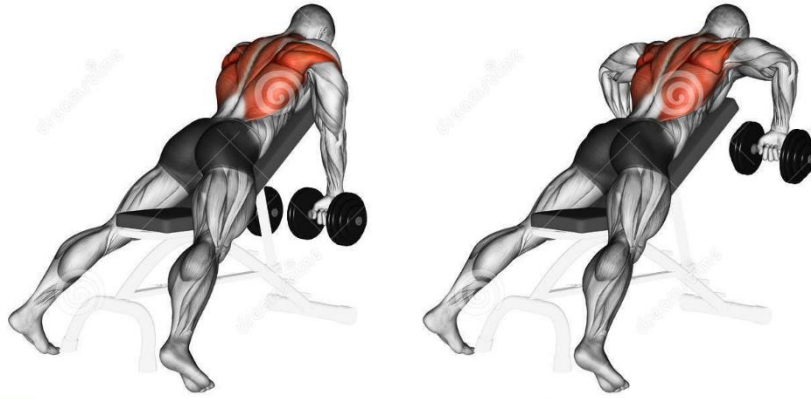
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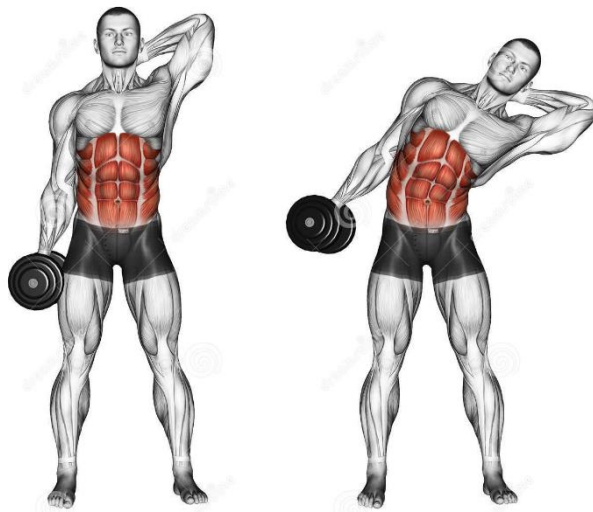
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