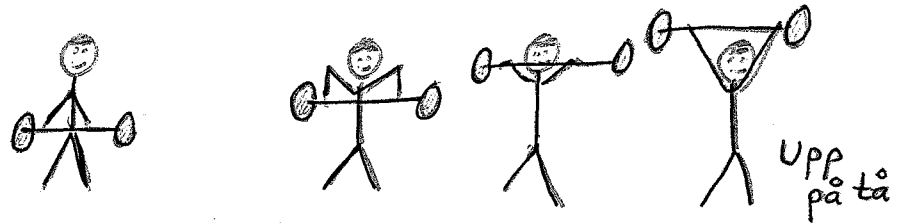


KOMPLEXÖVNINGAR

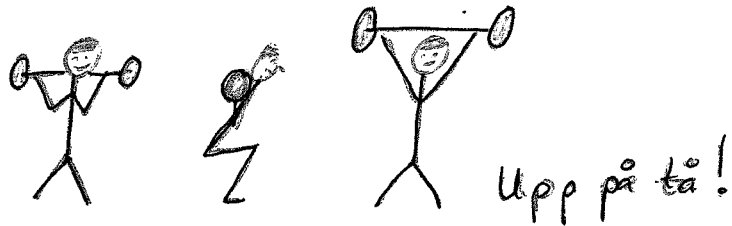
1. UPRIGHT ROWING



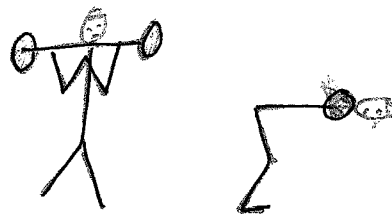
2. HIGH PULL SNATCH



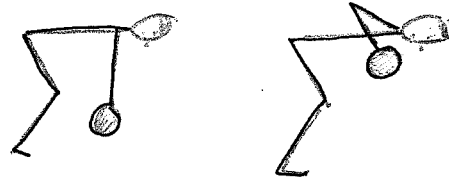
3. BEHIND THE HEAD SQUAT PUSH PRESS



4. GOOD MORNING



5. BENDOVER ROWING



ETT SET BESTÅR AV 6 REPETITIONER
AV VARJE ÖVNING.