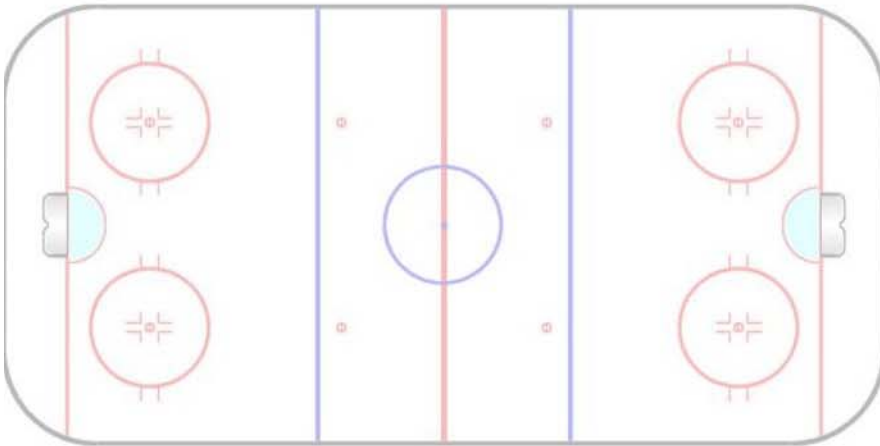


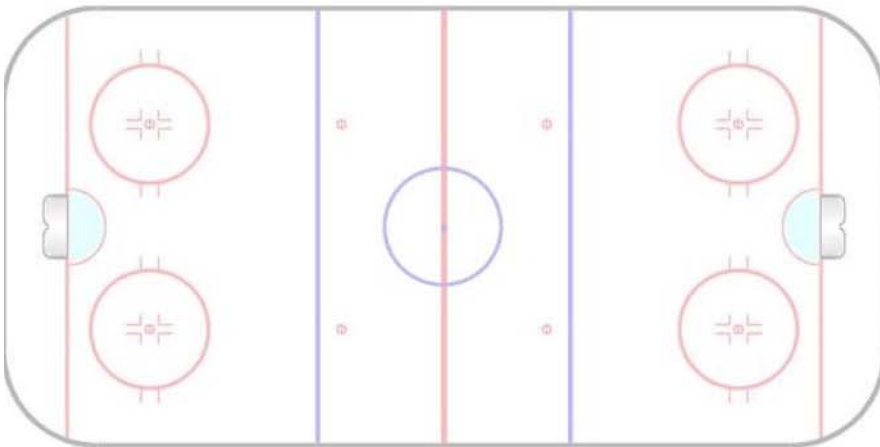
Träningspass

No:



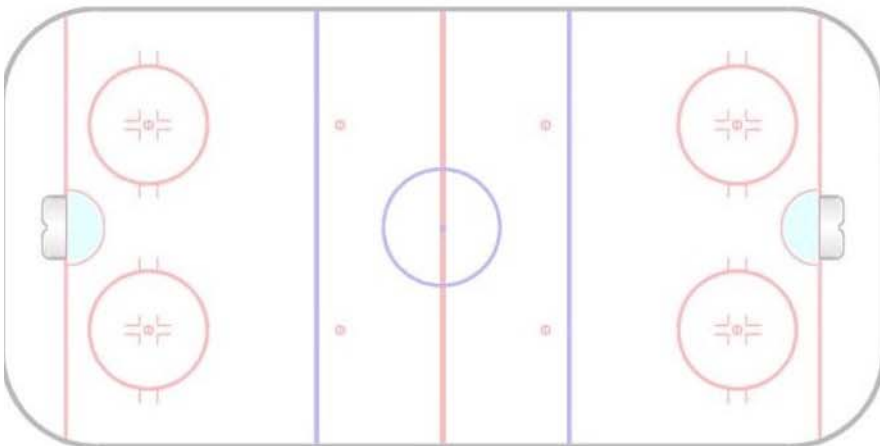
Uppvärmning

*



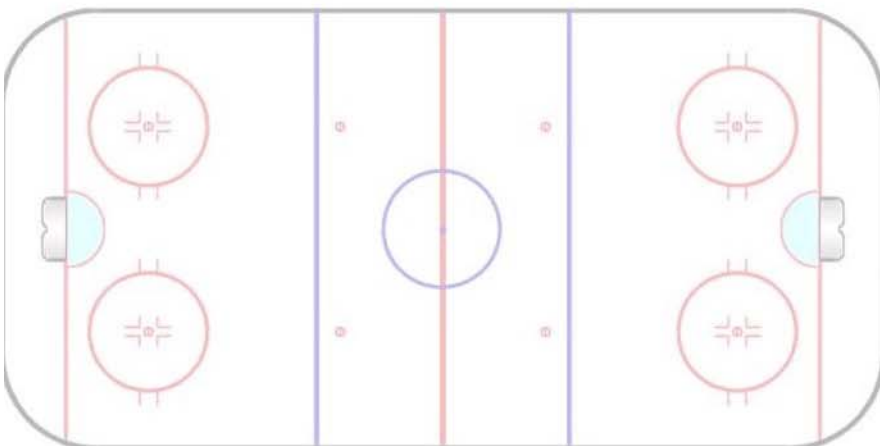
Teknikövning

*



Spelövning

*



Tempo / Kondition

*
