



7 minuters träning



Aktivt arbete 30 sekunder – vila 10 sekunder



Jumping Jacks

- Keep your knees and toes pointing slightly outwards as you jump.
- Land with soft knees on the balls of your feet to protect your knees.
- Go as fast as you can without losing control.



Wall Sit

- Keep your legs shoulder width apart and a 90 degree angle on your knees.
- Push your feet towards the floor and your back against the wall.



Push-Ups

- Place your hands slightly wider than your shoulders.
- Bend your arms until your chest almost touches the ground.
- Maintain a straight body throughout the movement.
- Make it easier by placing your knees on the ground.



Crunches

- Gently draw your belly in and tighten your abs as you curl up and forwards slowly.
- Keep your lower back pressed towards the floor throughout the movement.
- Maintain a fist size distance between your chin and chest.



Step-Ups

- Step up with one leg at a time onto a sturdy chair, bench or other item you got nearby.
- Engage your core to keep your body straight throughout the exercise.
- Make sure your knees always stay behind your toes.



Squats

- Start with your feet slightly wider than your hips and toes pointing slightly outwards.
- With a straight back, bend your knees until you reach a 90 degree angle.
- Keep your shoulders in a straight vertical line throughout the movement.



Triceps Dips

- Squeeze your shoulder blades and lift your chest as you point your elbows straight back.
- Lower your hips in a vertical motion, maintaining a straight line from your back to neck.



Plank

- Squeeze your shoulder blades and engage your core as you maintain a straight line with your whole body.
- Engage your buttocks and push your heels back as you stand on your toes.
- Keep your elbows under your shoulders for stability with hands pointing forwards.



High Knees Running In Place

- Run in place by lifting your knees as high as possible.
- Engage your core and maintain a good posture.
- Land with soft knees on the balls of your feet to protect your knees.



Lunges

- Step forward with a leg and bend it until both legs are in a 90 degree angle.
- Make sure your body stays in a straight line on top of your rear knee.
- Push through your front heel to activate your glutes and get back to the starting



Push-Ups With Rotation

- Engage your core as you twist your torso.
- As one hand is supporting your body move the other straight above your head.
- Keep both arms in line with each other and your shoulders.



Side Plank

- Lift your hips up from the ground and engage your core to maintain a straight body line.
- Keep your elbow straight under your shoulder, and squeeze your shoulders together.