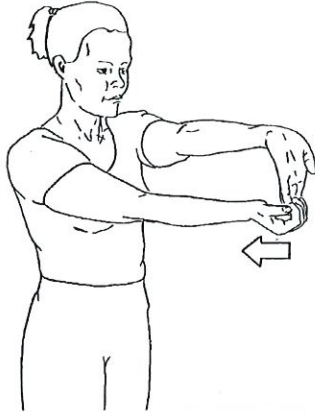
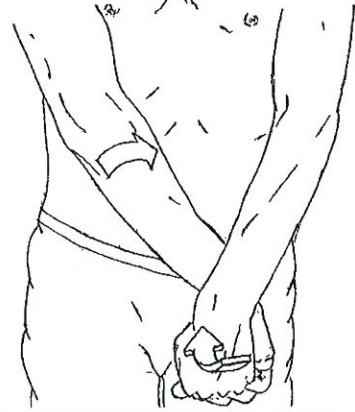


Träningsprogram för: **Uddevalla BMK**  
Ordinerat av: **Ola Gunnarsson**

377: Fingrar - töjning



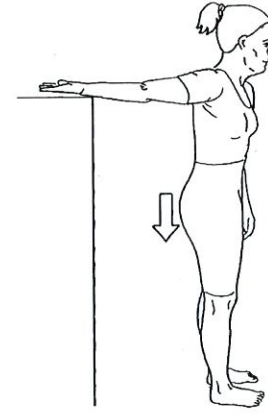
366: Underarm supinator/extensor - töjning



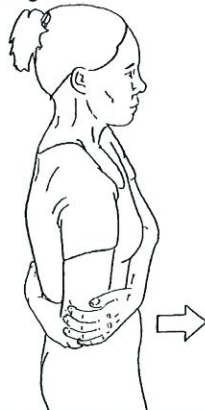
273: Skuldra extensor - töjning



282: Skuldra - töjning

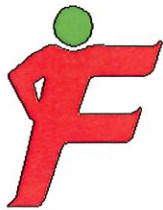


284: Skuldra - töjning



275: Pectoralis - töjning



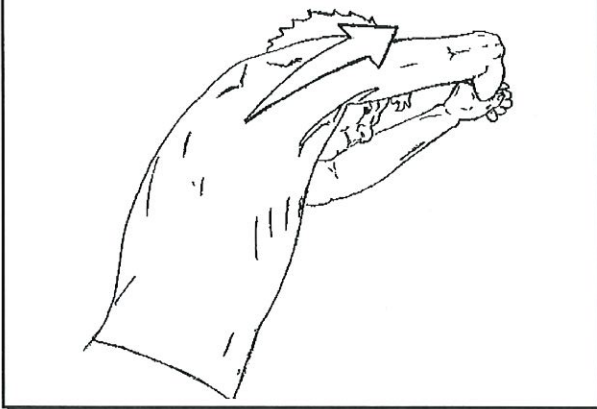


Träningsprogram för: **Uddevalla BMK**  
Ordinerat av: **Ola Gunnarsson**

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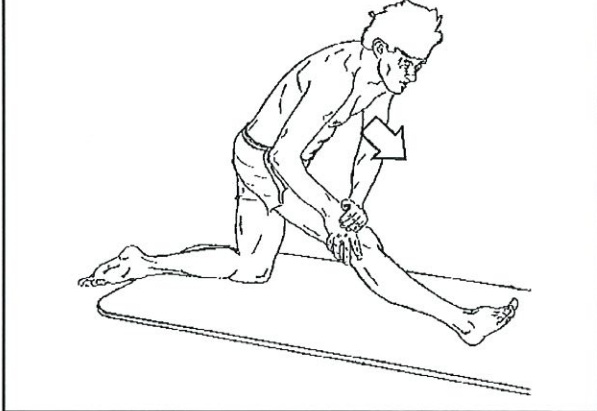
465: Bröstryg lateral flexor - töjning



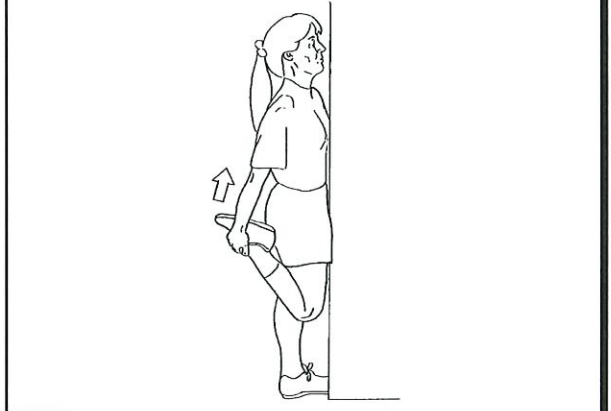
691: Sättesmuskler - töjning



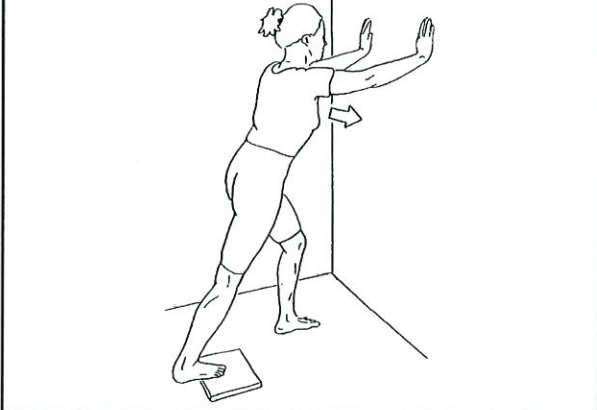
768: Knä flexor/Höft extensor - töjning



790: Lårets framsida - töjning



876: Vad - töjning



877: Vad - töjning

