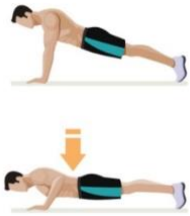


Innebandy fys 2

Styrke intervaller

30 sek aktiv, 30 sek vila, byt övning i vilan

1. Armhävningar



2. Utfall hopp



3. Situp Russian twist



4. Sido utfall



5. Single leg pogos



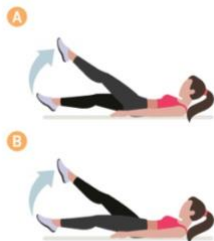
1. Burpes



2. Lateral to vertical



3. Liggand kissande hundens



4. Utfall



5. Dynamisk planka (lyft arm och ben diagonalt)

