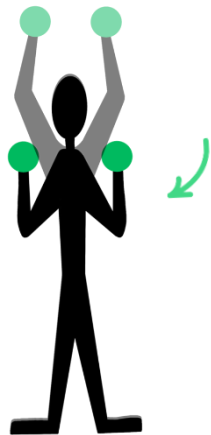
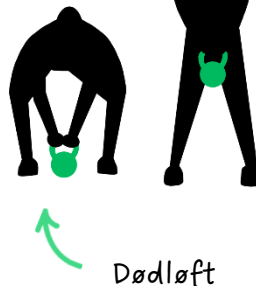


Skulderpres

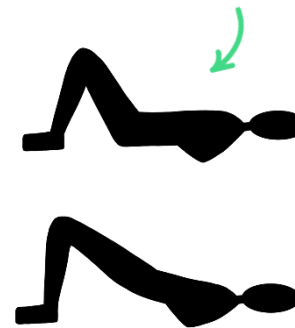


Pike push up

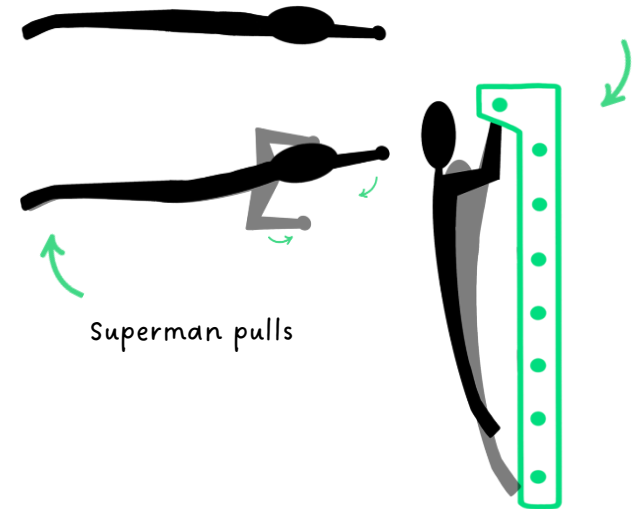
Glute bridge



Dødløft

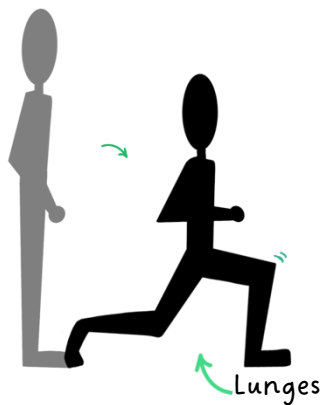


Pull up



Superman pulls

Squats

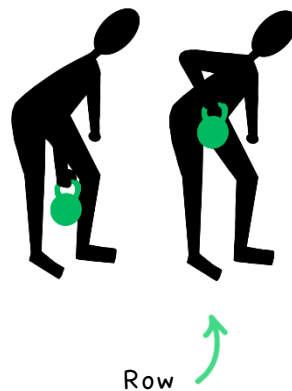


Lunges

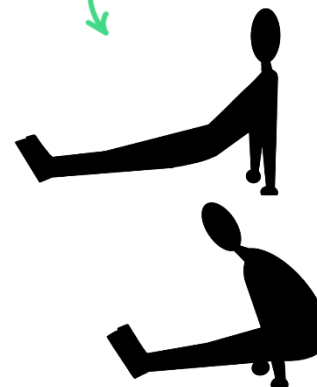
skoleidraet.dk



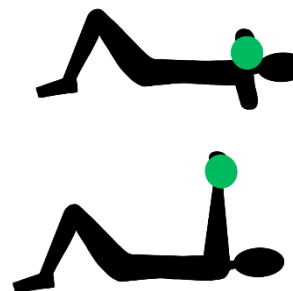
Reverse plank pulls



Row



Dumbbell Floor press



Armstrækning

