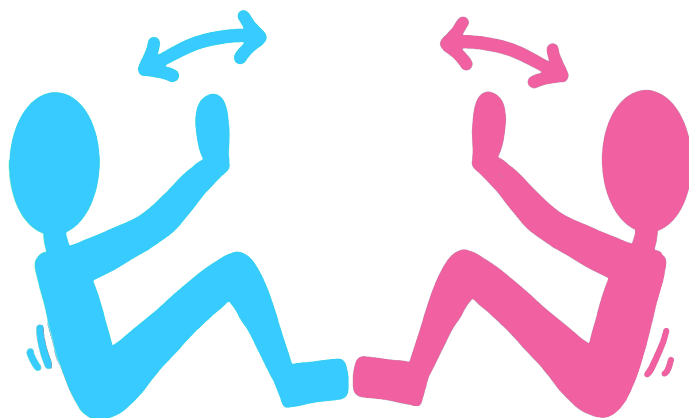


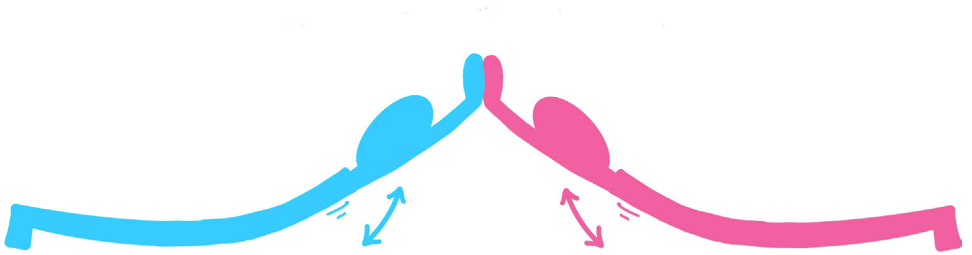
SIT UPS MED KLAP

Denne øvelse laves i par



RYGBØJNINGER MED KLAP

Denne øvelse laves i par



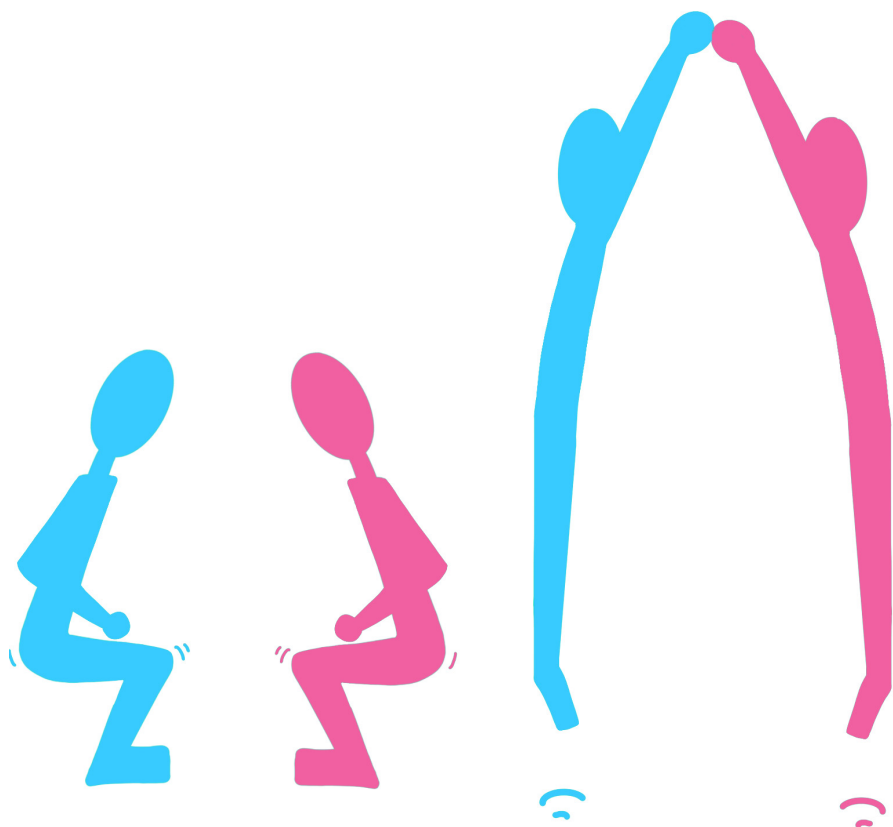
PLANKE MED KLAP

Denne øvelse laves i par



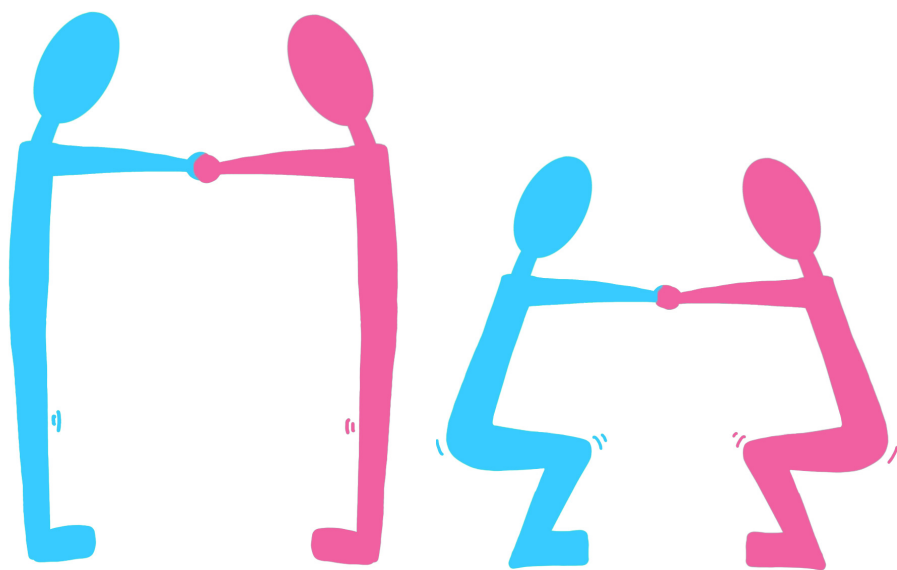
JUMP SQUATS

Denne øvelse laves i par



SOCIAL SQUATS

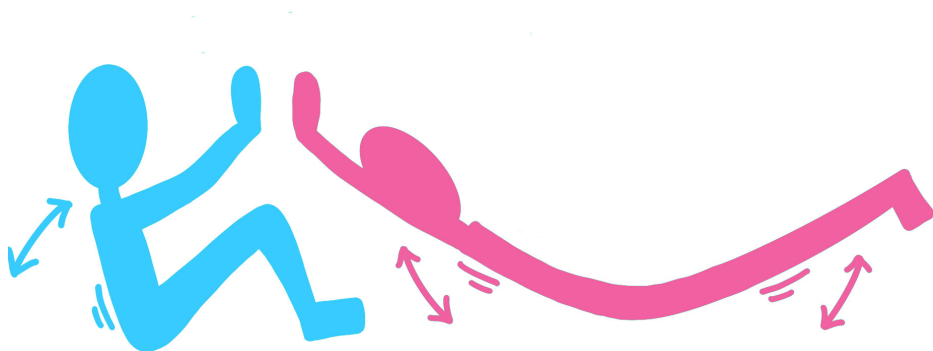
Denne øvelse laves i par



 **PULS**

MAVE / RYG

Denne øvelse laves i par



HEST / RYTTER

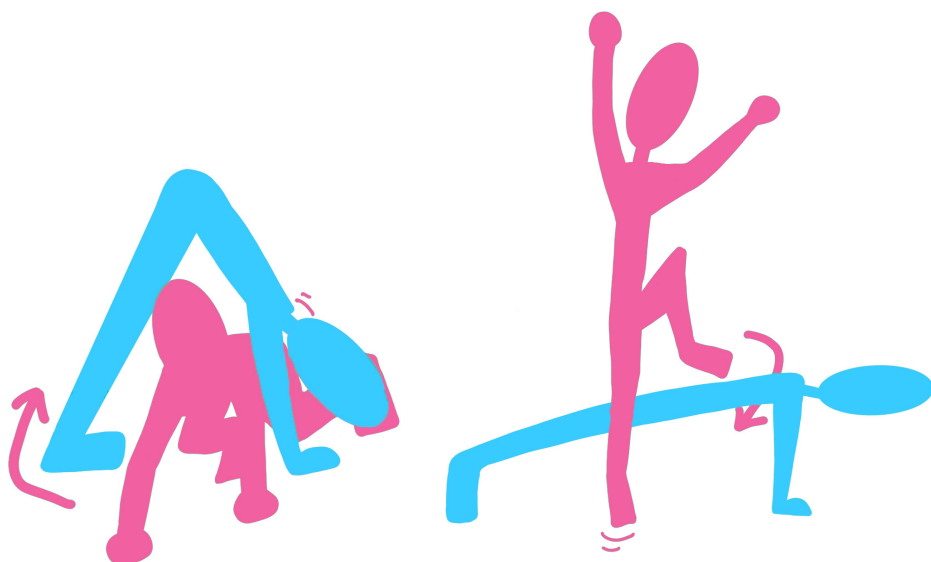
Denne øvelse laves i par



PULS

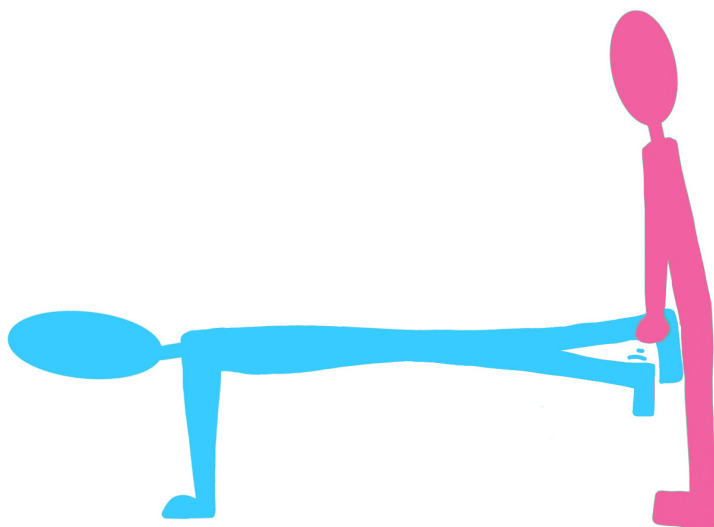
PLANKE HVOR DER HOPPE OVER OG UNDER

Denne øvelse laves i par



PLANKE HVOR MAKKER SKIFTEVIS SLIPPER FOD

Denne øvelse laves i par



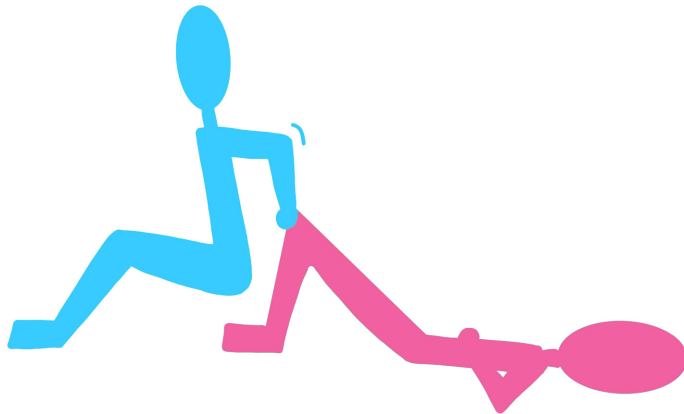
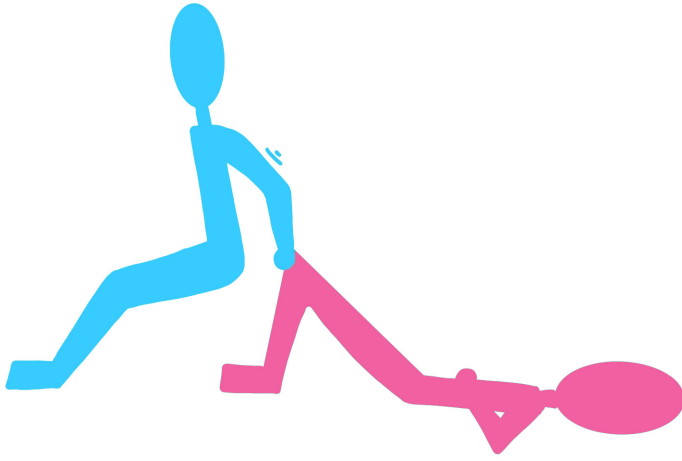
BENPRES

Denne øvelse laves i par



DIPS

Denne øvelse laves i par



 **PULS**