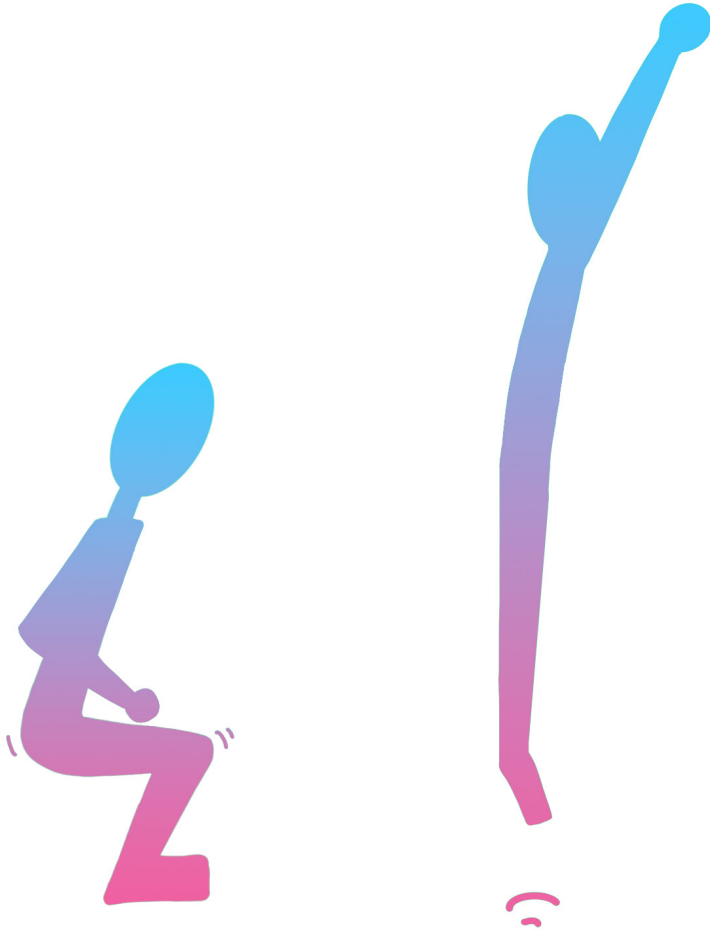
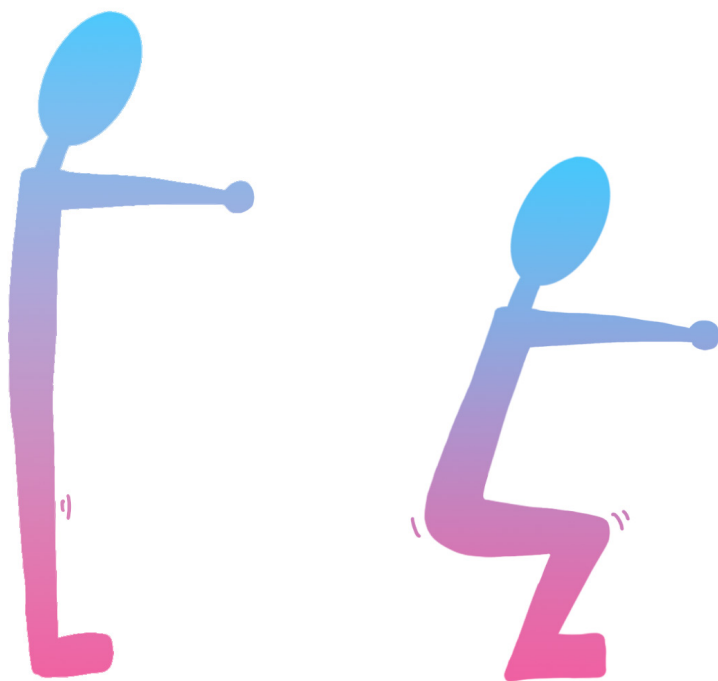


JUMP SQUATS



SQUATS



PUSH UP



SIT UPS



PLANKE



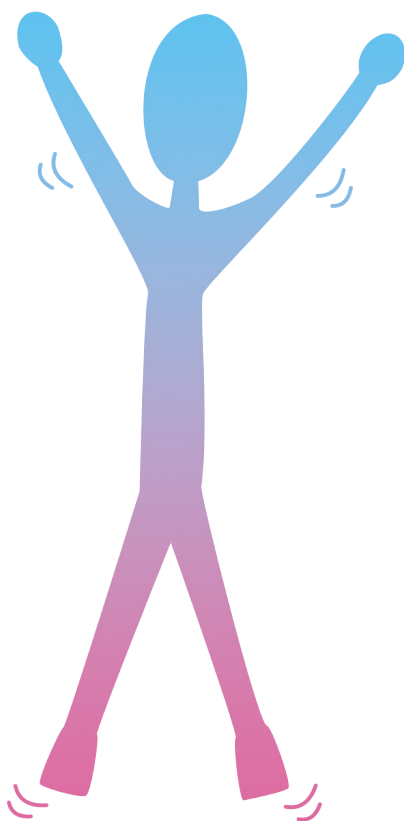
RYGBØJNINGER



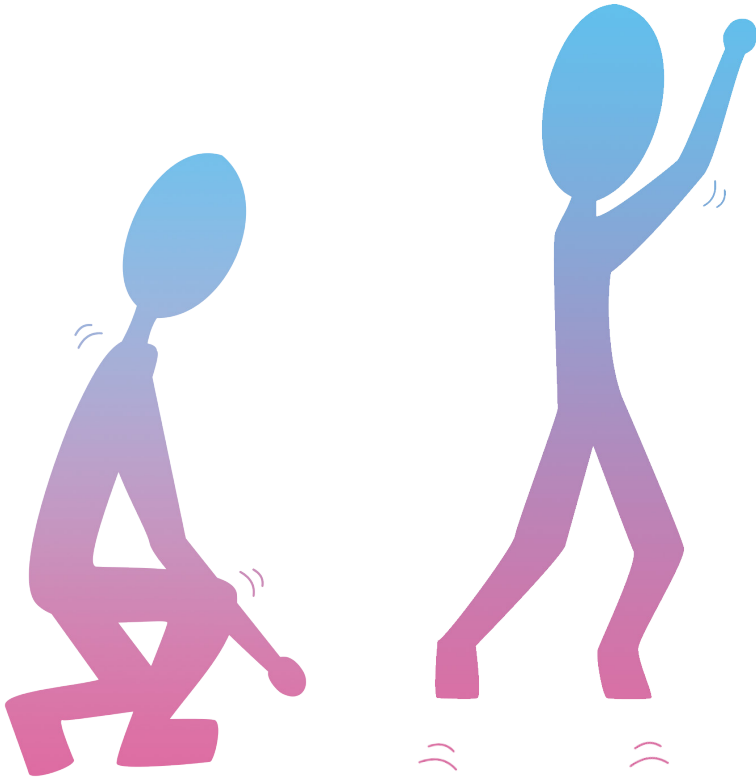
LUNGES



SPRÆLLEMÆND

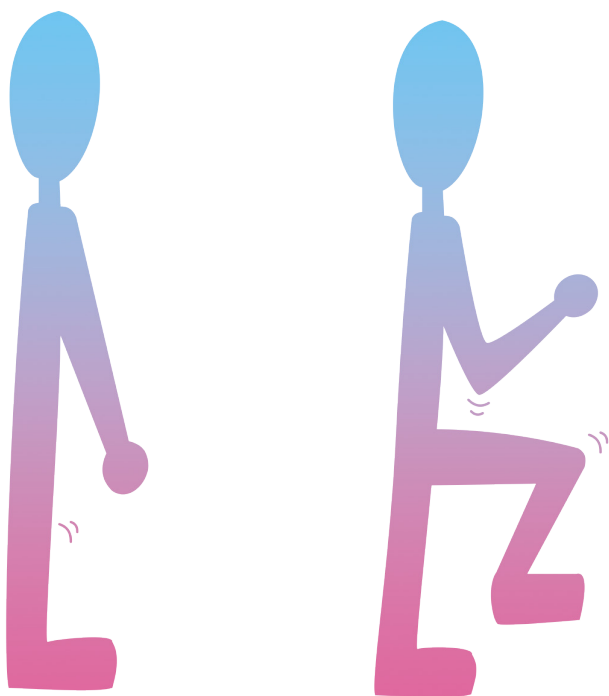


ENGLEHOP



 **PULS**

HØJE KNÆLØFT



BURPEES

