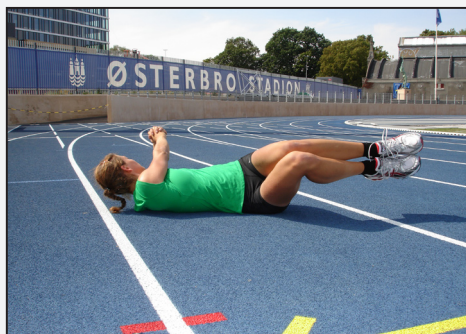


Mobilitetsrutine 2



1. Hammerkaster 20x



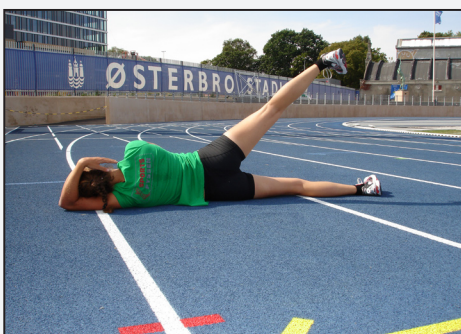
2. Clams 10x



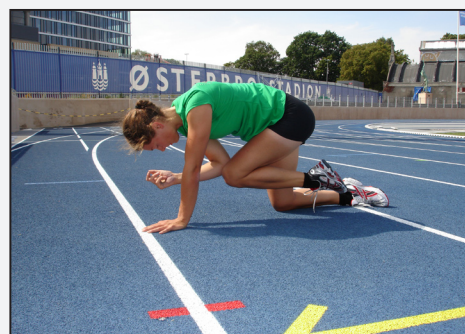
3. Clams 10x



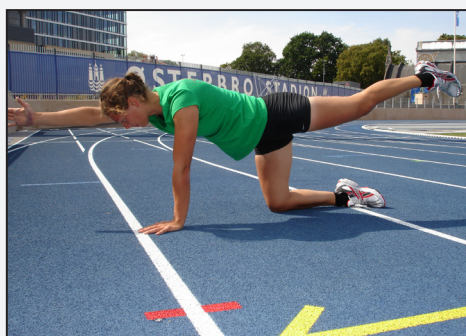
4. Jane Fonda 10x



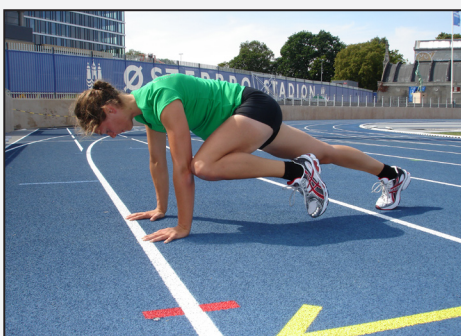
5. Jane Fonda 10x



6a. Knæ til albue



6b. 5x



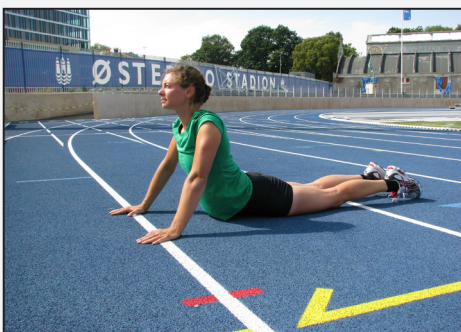
7. 5x hvert ben



8a. Tiger push ups 5x



8b.



9. Mc Kenzie 10x



Du kan finde flere øvelsesprogrammer
på www.sportsfyssen.dk