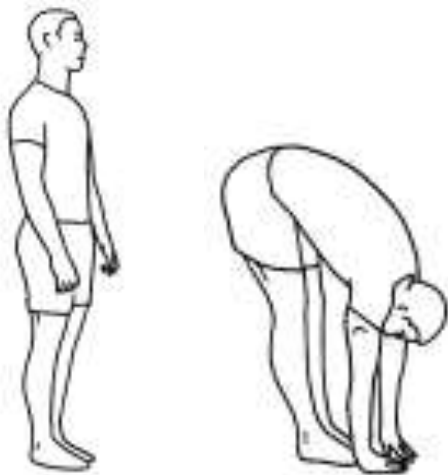
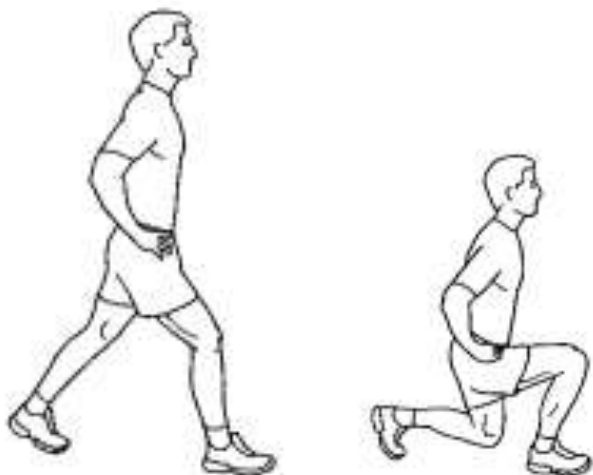


Hemmaträning för seniorer

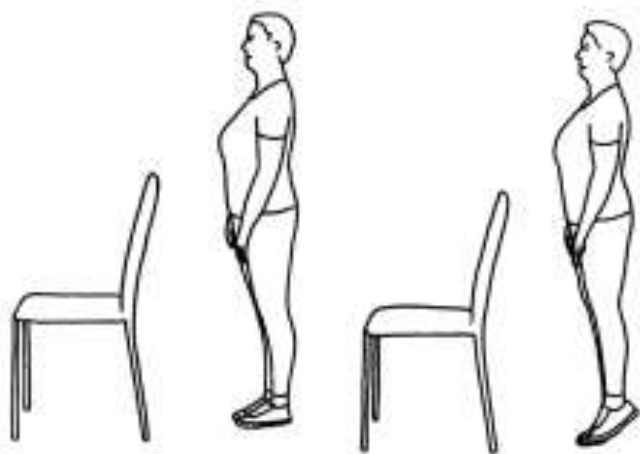
(Gör ca 15 repetitioner/övning och sedan 3 varv)



Rulla ner



Utfallssteg

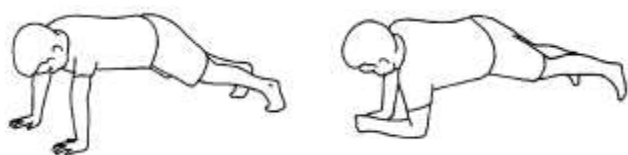


Tåhävning

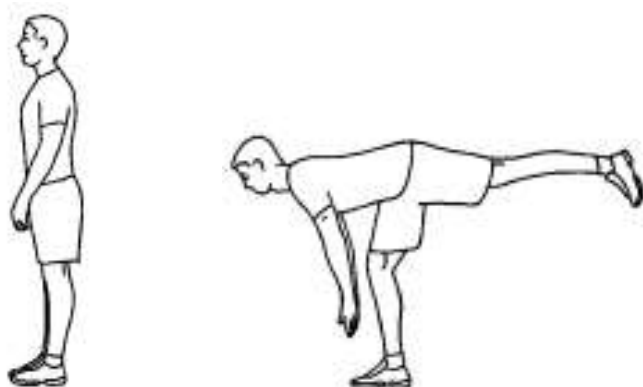
KORPEN



Diagonallyft



Gå upp och ner på armbågarna



Draken