A

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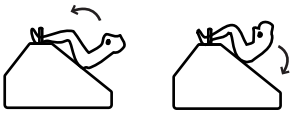

MAVE

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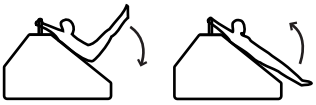

MAVE

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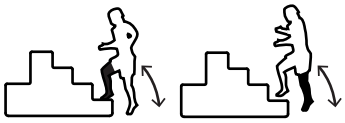

LØBESTEPS

4

ARMBØJNINGER

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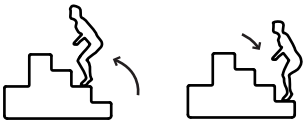

2 TRIN OP - 1 TRIN NED

C

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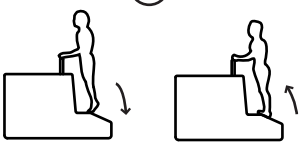
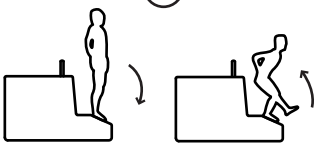


EXCENTRISK LÆGØVELSE 1

7

MAVE - LET

8



EXCENTRISK KNÆØVELSE

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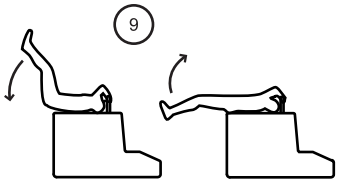
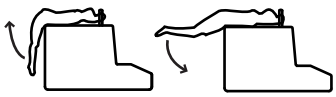


RYGLIGGENDE BENSÆNKNINGER

10

RYGSTRÆKNINGER

11



HOFTESTRÆKNINGER

E

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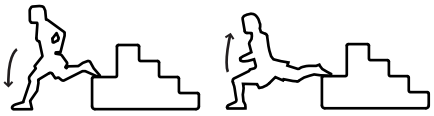

ETBENS-BENBØJNINGER

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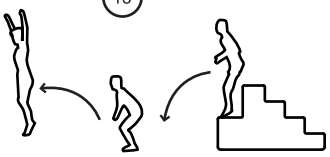

NEDSPRING OG AFSÆT

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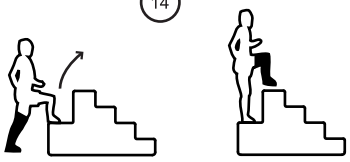
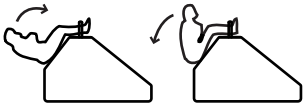


STEP-UPS

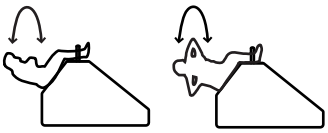
F

15



MAVE

16



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MARTS 2014