Träningsprogram för: Emelie Ring **Skapat av:** Emelie Ring
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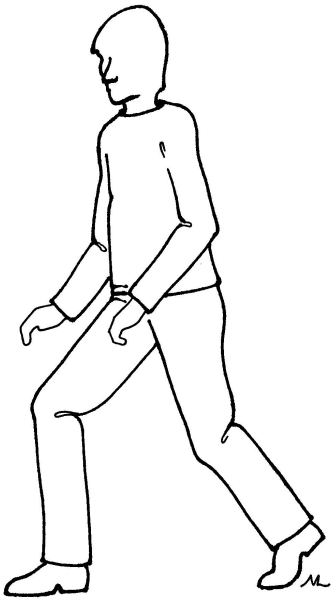
A2 – Knäböjning i gångstående

Utförande
wsargterwag

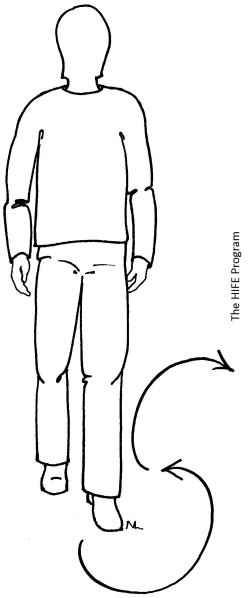
Dosering
eathterh



B3 – Gång med mycket vändningar

Utförande
dfgsdfg

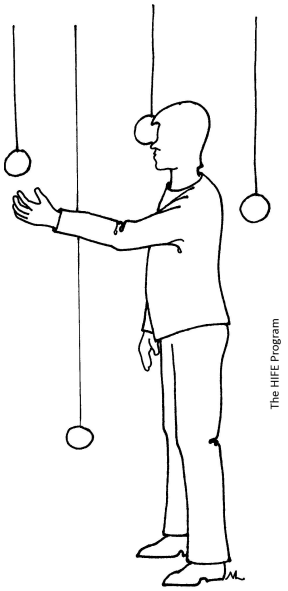
Dosering
sdfgsdfg



C7 – Sträcka sig efter föremål i olika riktningar

Utförande
sdfgsdfg

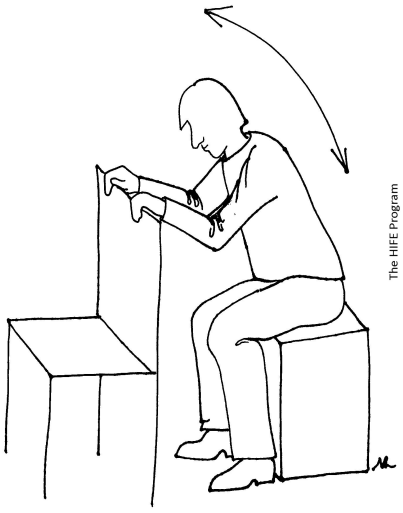
Dosering
sdgfsdgfs



D3 – Uppresning från stol i parallellstående

Utförande
sdgfsdfgsdhgsd

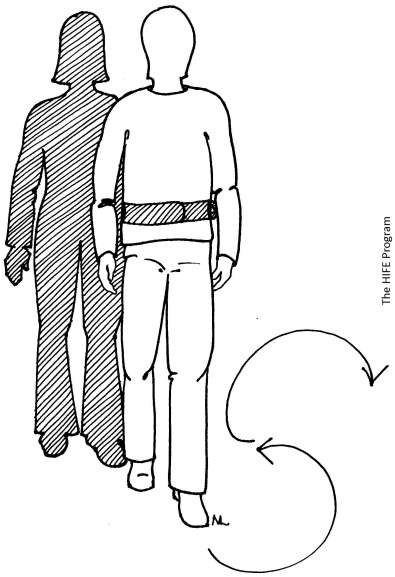
Dosering
sdgfsdfgsere



E3 – Gång med mycket vändningar

Utförande
sadfewagrwrgr

Dosering
sergtaehhh er erw rrrgahte



D2 – Knäböjning i gångstående

Utförande
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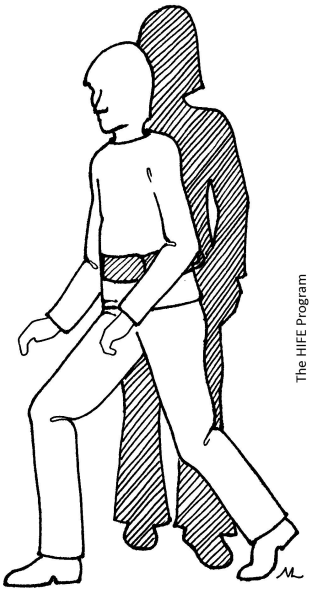

Utförande

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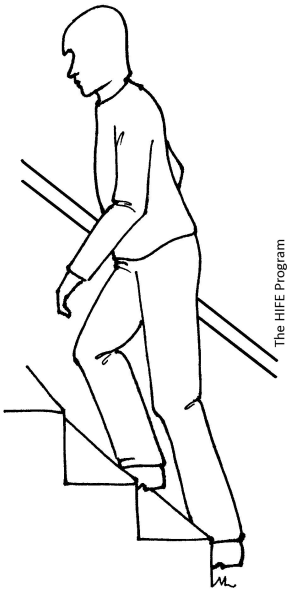

Dosering

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