

Träningsprogram för: Emelie Ring **Skapat av:** Emelie Ring

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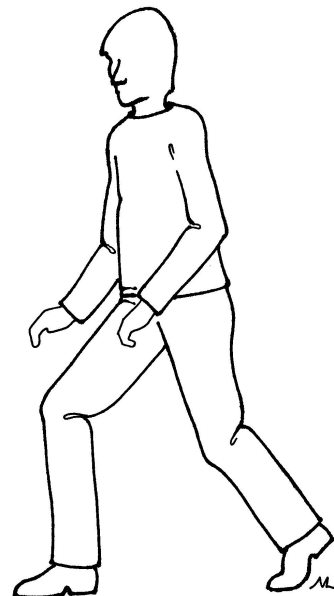
A2 – Knäböjning i gångstående

Utförande

wsargterwag

Dosering

eathterh



The HIFE Program

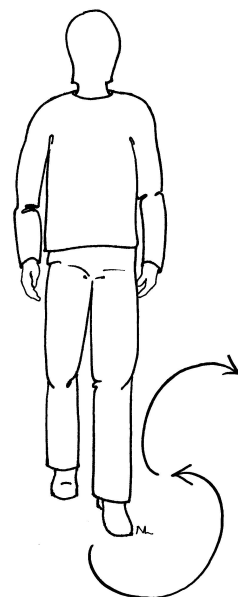
B3 – Gång med mycket vändningar

Utförande

dfgsdfg

Dosering

sdfgsdfg



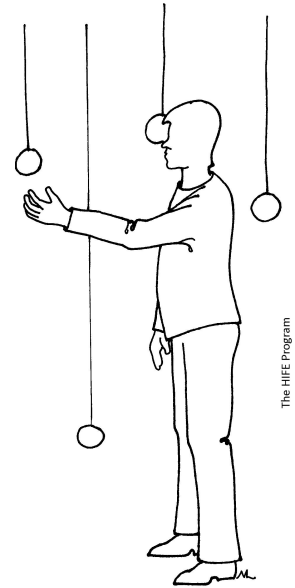
The HIFE Program

Utförande

sdfgsdfg

Dosering

sdgfsdgfs

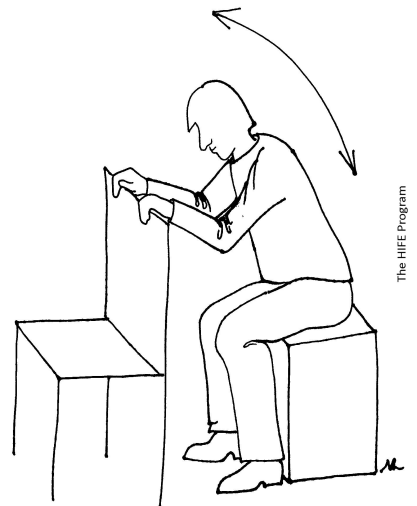


Utförande

sdgfsdfgsdhgsd

Dosering

sdgfsdfgsere

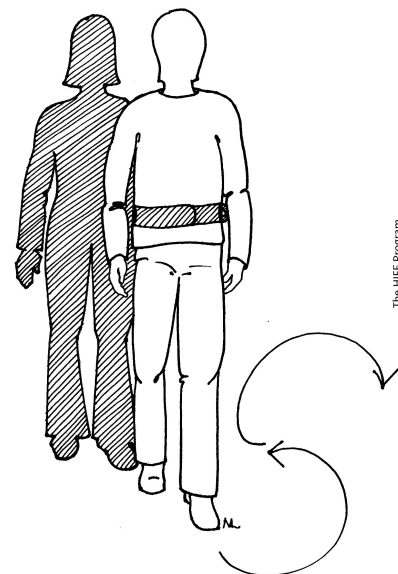


Utförande

sadfewagrwrgr

Dosering

sergtaehhh er erw rrrgahte



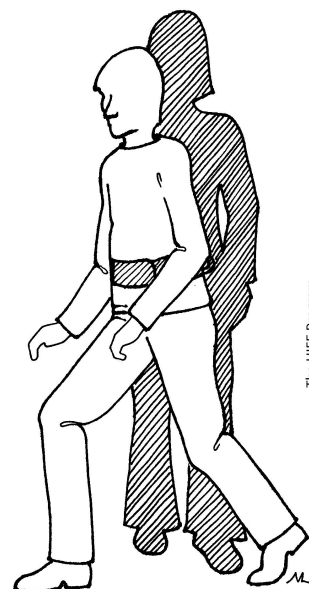
D2 – Knäböjning i gångstående

Utförande

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