

Träningsprogram för: Test Skapat av: Testing

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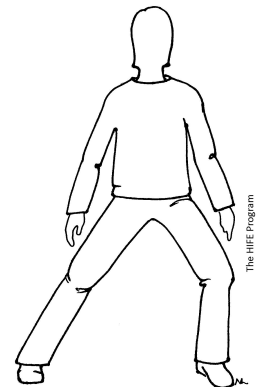
A3 – Body-weight transfer in a parallel stance

Utförande

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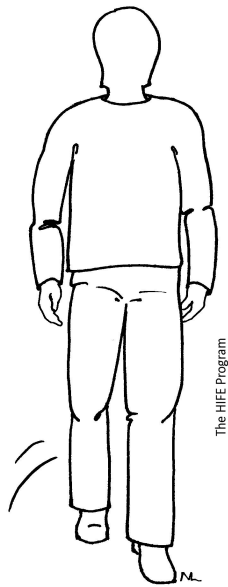
B7 – Walking in a circle on the spot

Utförande

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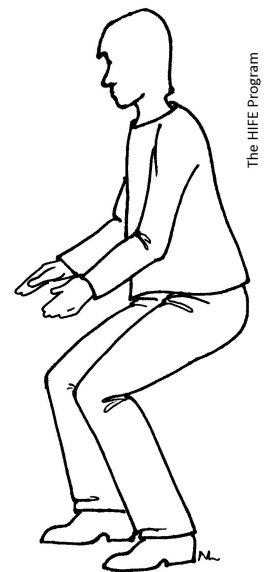
C3 – Squats in a parallel stance

Utförande

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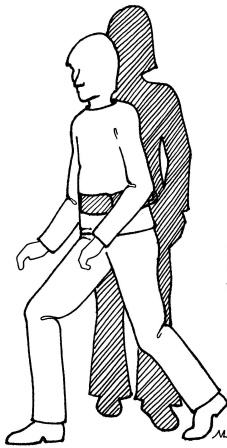
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D2 – Squats in walking stance

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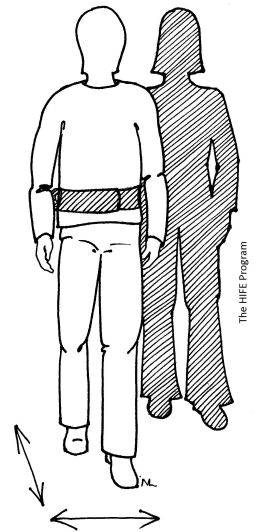
E2 – Walking in various directions

Utförande

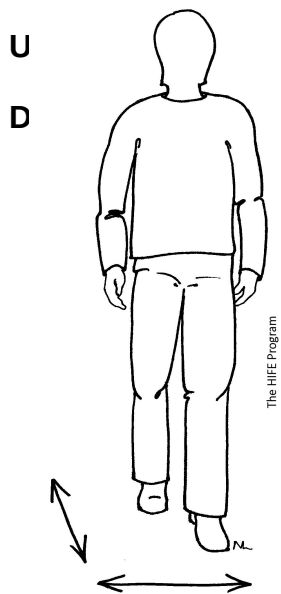
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B2 – Gång i olika riktningar



A1 – Knäböjning i parallellstående

Utförande
hdhfg hnfghf

Dosering
fghdfhgd

