

10 KORTE TRÆNINGSPROGRAMMER

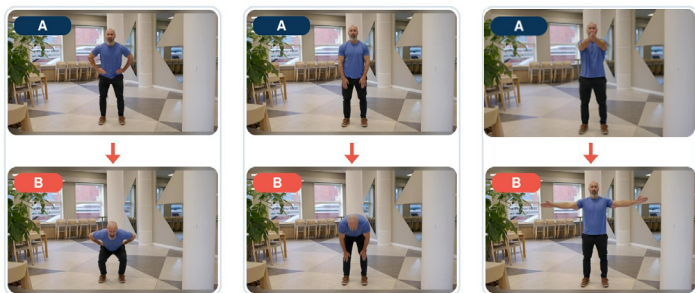
2 MINUTTERS SMÅØVELSER PÅ ARBEJDSPLADSEN



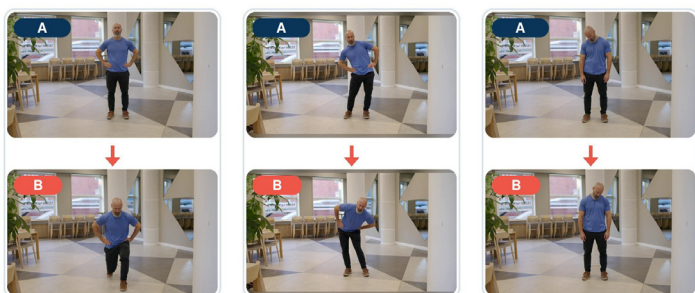
VIDEOER

UDEN TRÆNINGSELASTIK

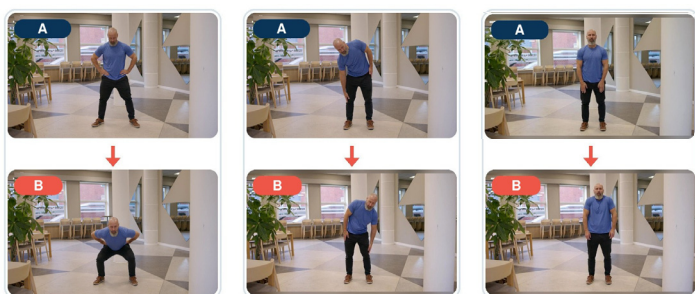
1 Squats Rygbøjning Skulderbladsklem



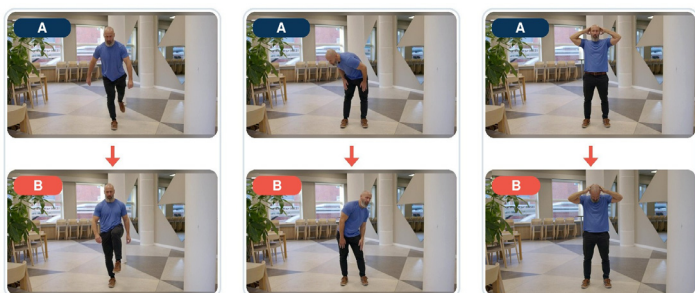
2 Luges Rotér hofterne Nakkerul



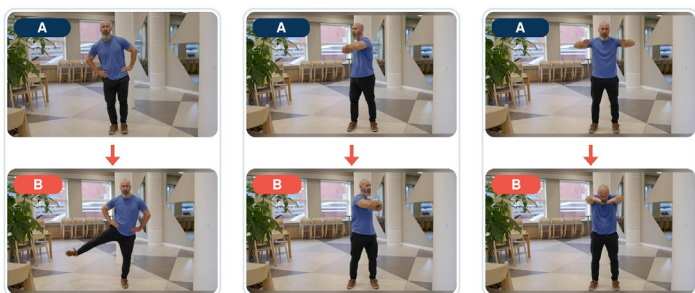
3 Sumo squats Sidebøjning Skulderløft



4 Spark Pendulet Nakkepres

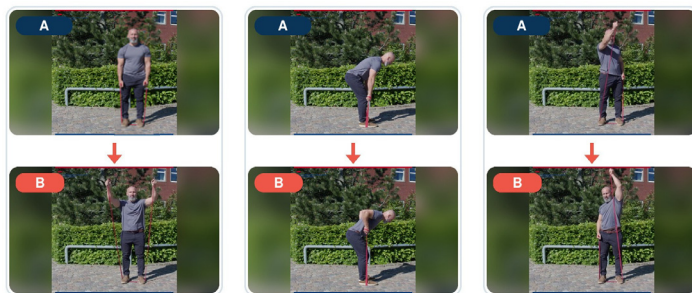


5 Hundetisseren Rotation i ryggen Butterfly

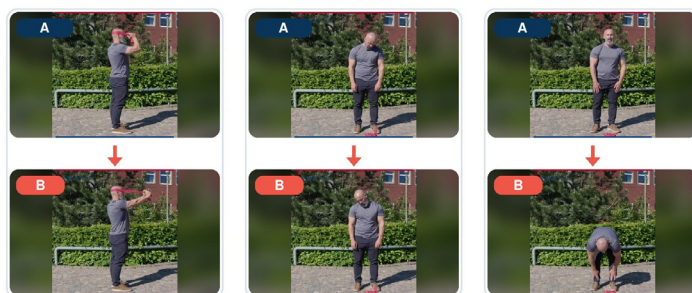


MED TRÆNINGSELASTIK

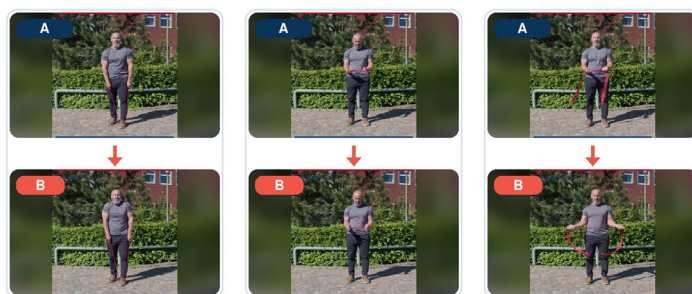
6 Armløft Stående roning 1-Armløft



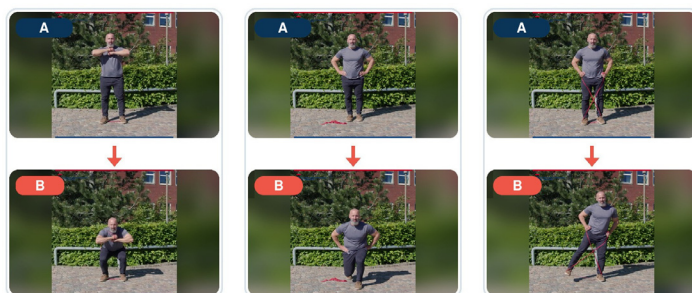
7 Statisk nakkepres Nakkerul Dynamisk rygstræk



8 Skulderløft Håndledsvip Armdrejning



9 Squats Luges Hundetisseren



10 Skulderbladsklem Krydsøvelse Pingvinen

