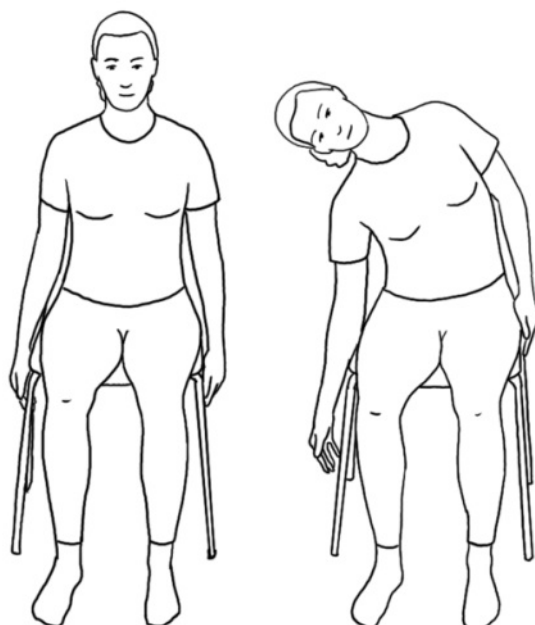
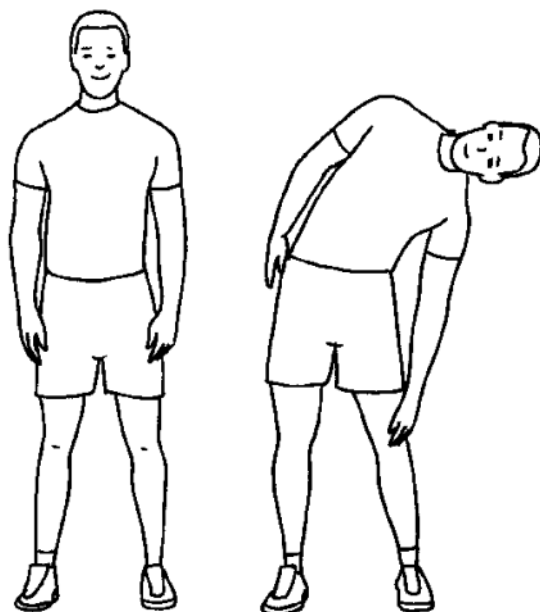


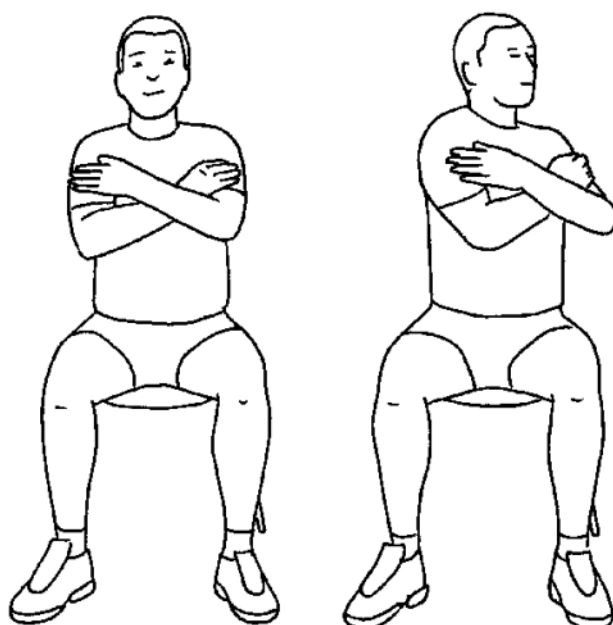
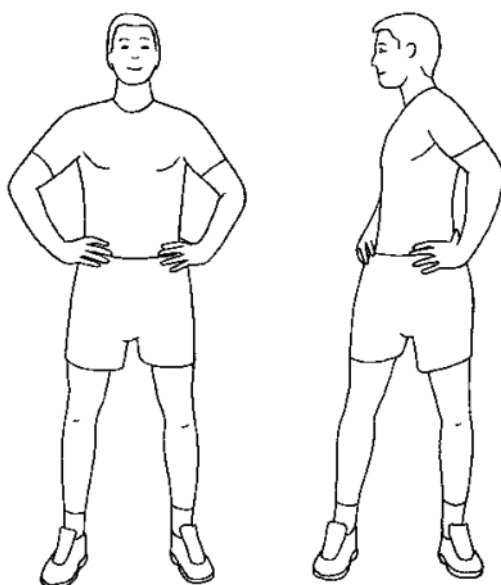
Sidoböj  
10–20 gånger

© www.ExorLive.com



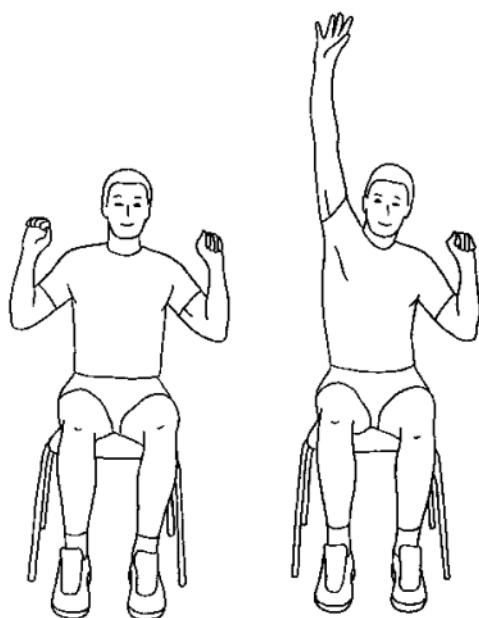
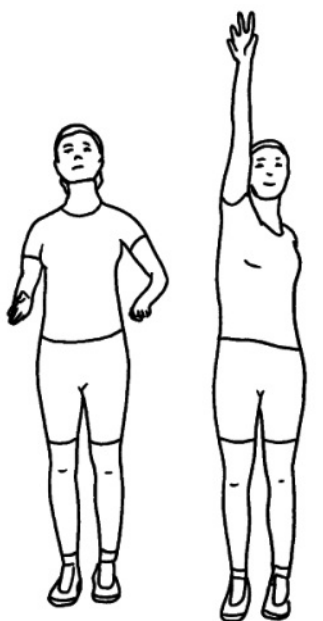
Vridning  
10–20 gånger

© www.ExorLive.com



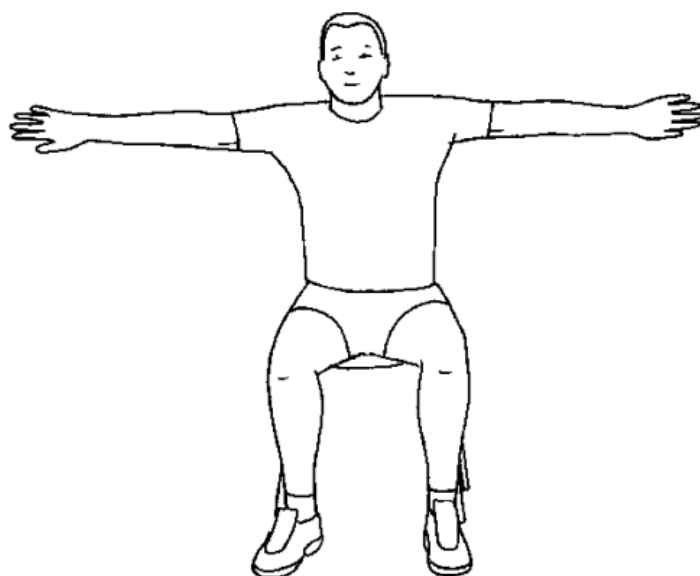
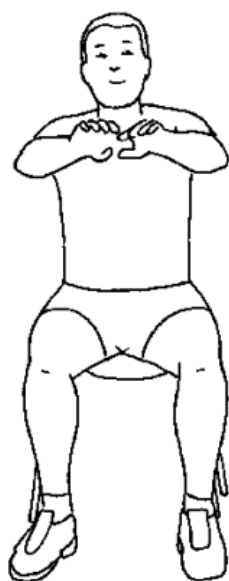
Plocka äpplen  
10–20 gånger

© www.ExorLive.com



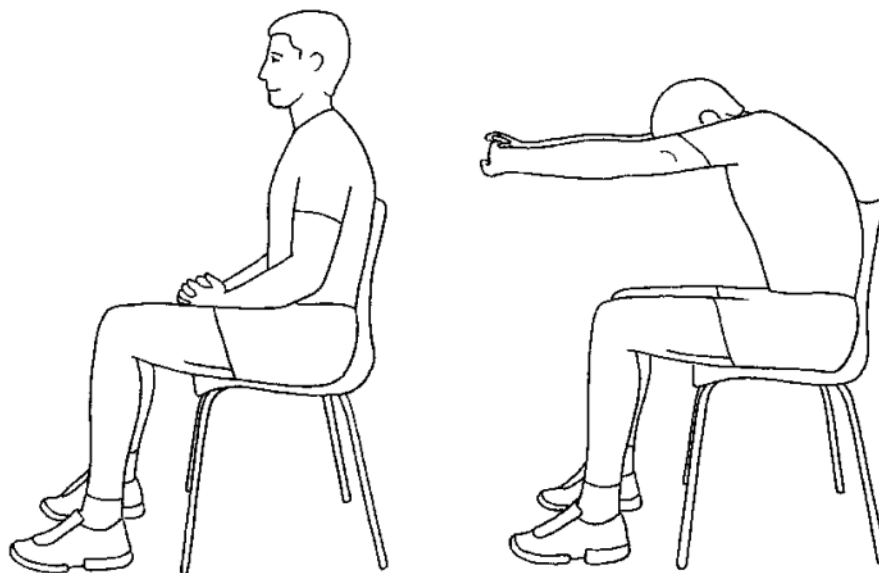
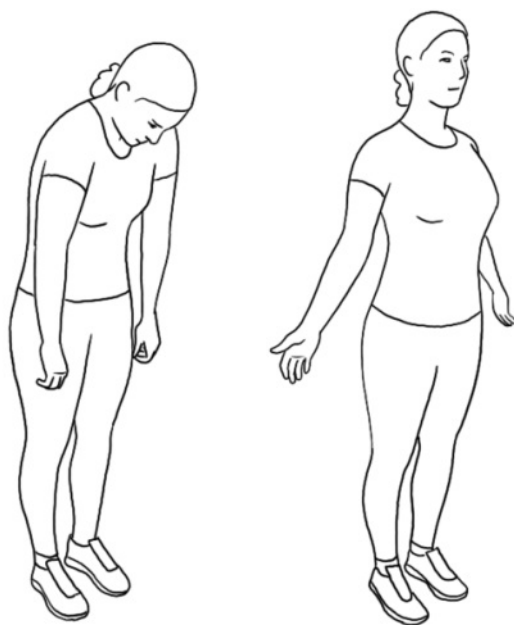
Simtag  
10–20 gånger

© www.ExorLive.com



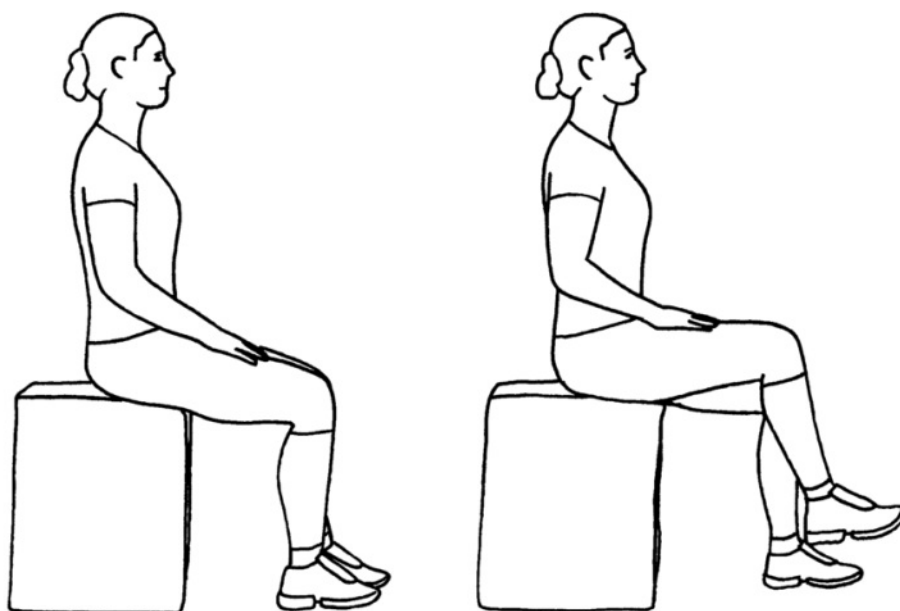
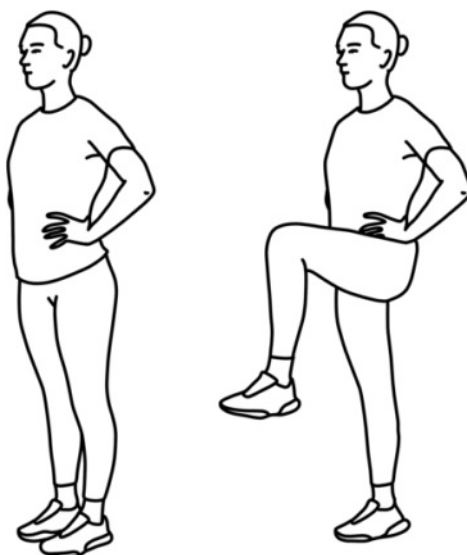
Runda rygg och sträck upp  
10–20 gånger

© www.ExorLive.com



Knälyft  
10–20 gånger

© www.ExorLive.com



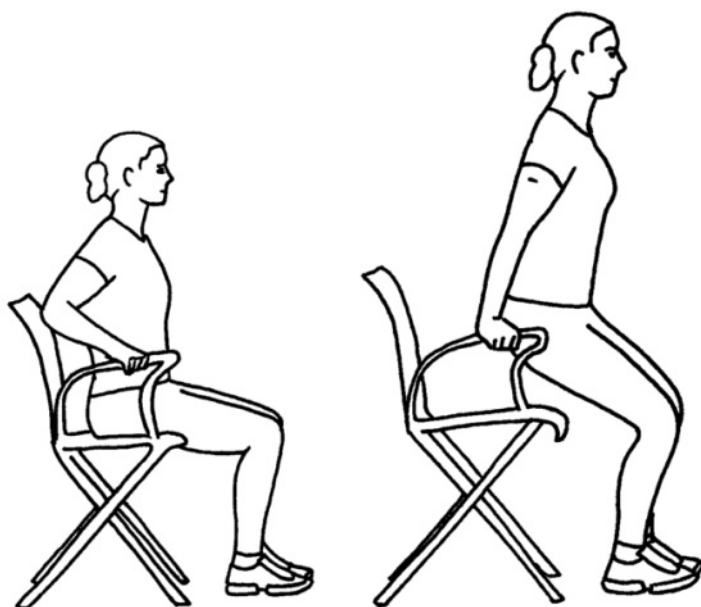
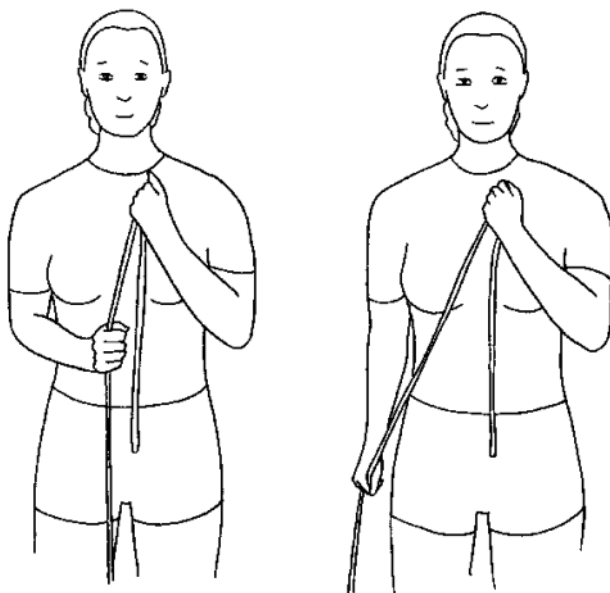
Tåhäv  
10–20 gånger

© www.ExorLive.com



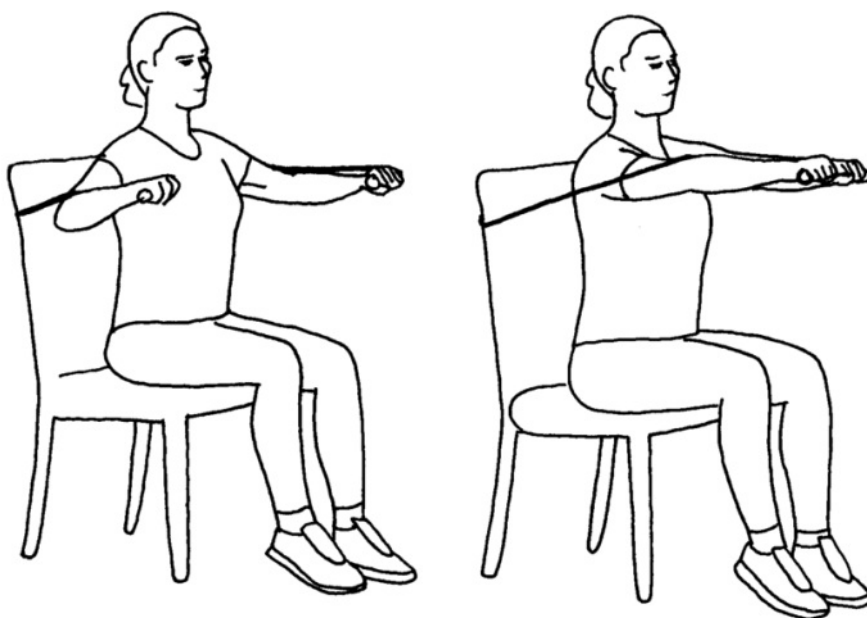
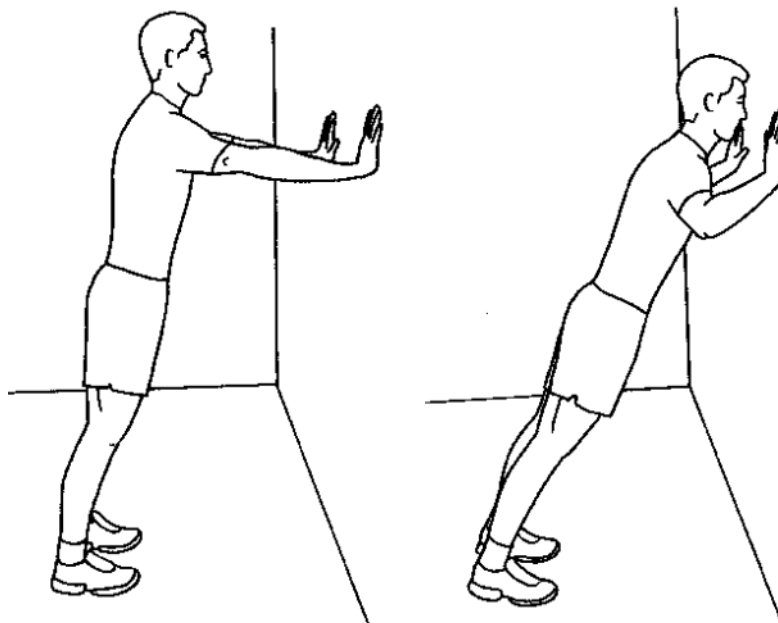
Sträck armen nedåt med gummiband eller pressa dig upp från stolen med armarna.  
10–20 gånger

© www.ExorLive.com



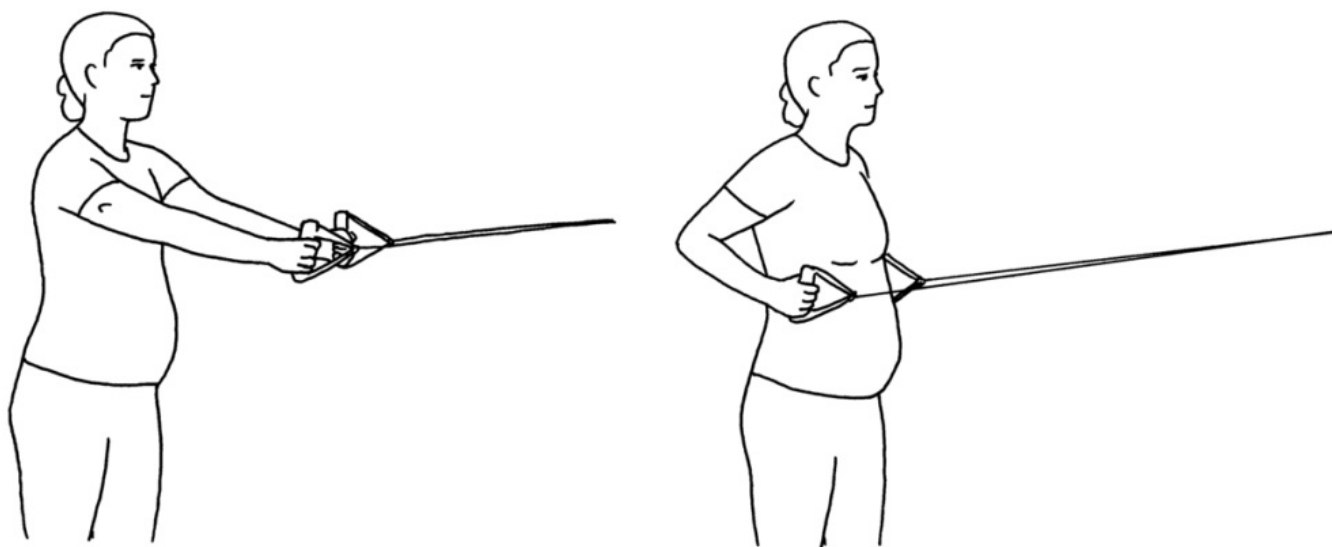
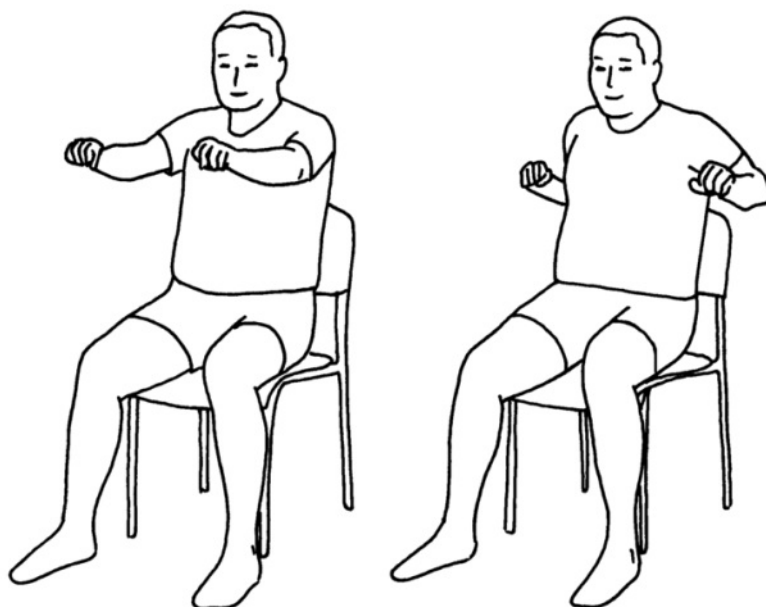
Armhävning mot vägg, bord eller träd – eller pressa fram armarna med eller utan gummiband.  
10–20 gånger

© www.ExorLive.com



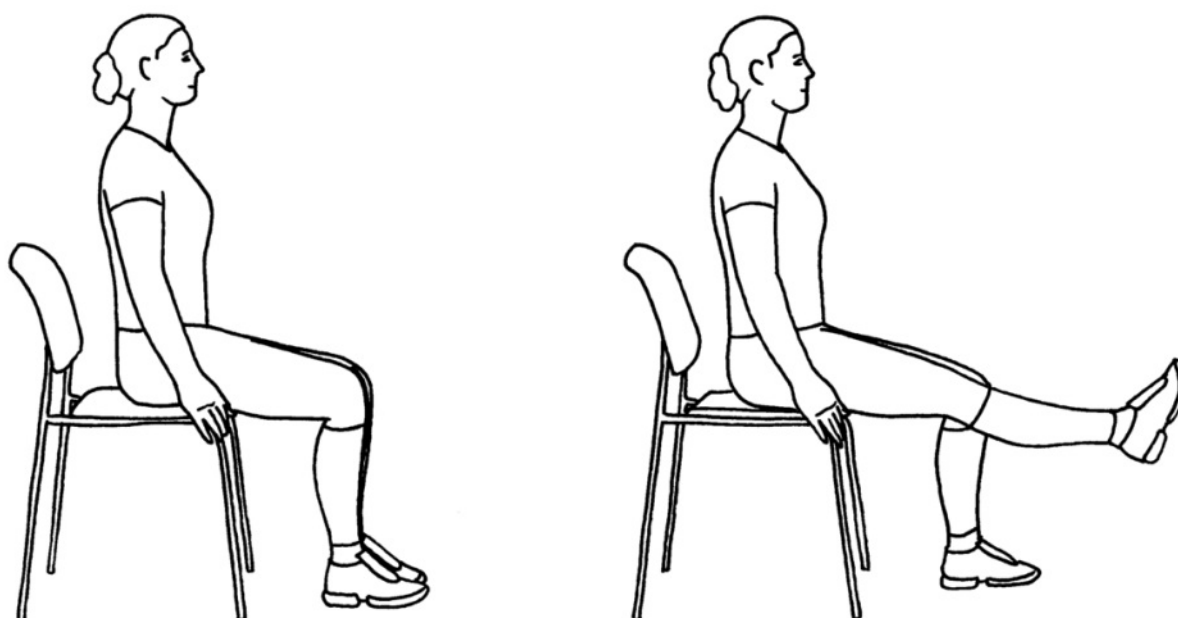
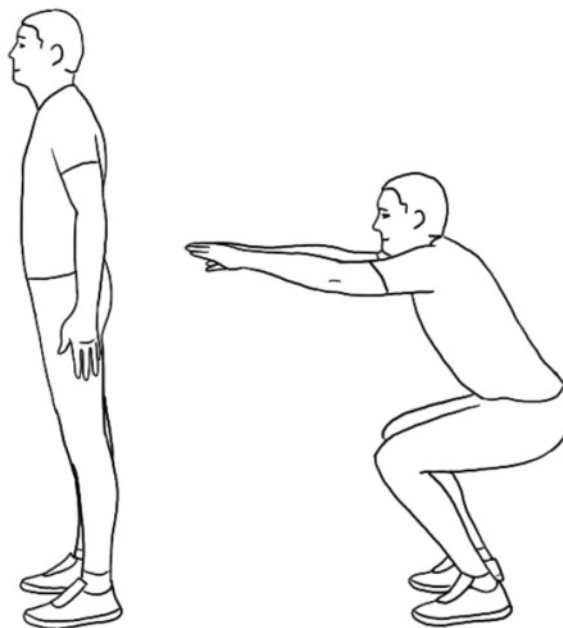
Rodd, med eller utan gummiband  
10–20 gånger

© www.ExorLive.com



Knäböj eller knästräck  
10–20 gånger

© www.ExorLive.com



Axellyft

Andas in när axlarna lyfts upp och andas ut när de sänks ned. Blunda om det känns bra.  
5–10 gånger

© www.ExorLive.com

