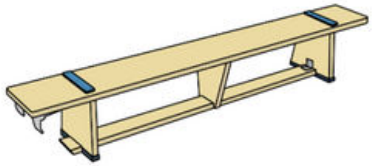
Träning 4

Pass 1 - matta, bakåt

Handisättning på bänk

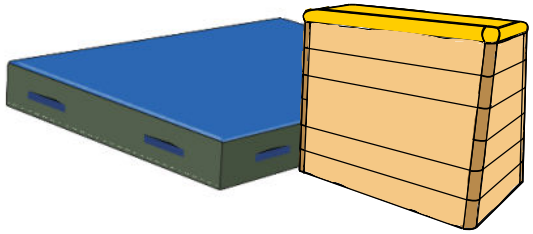


Räkan mot vägg

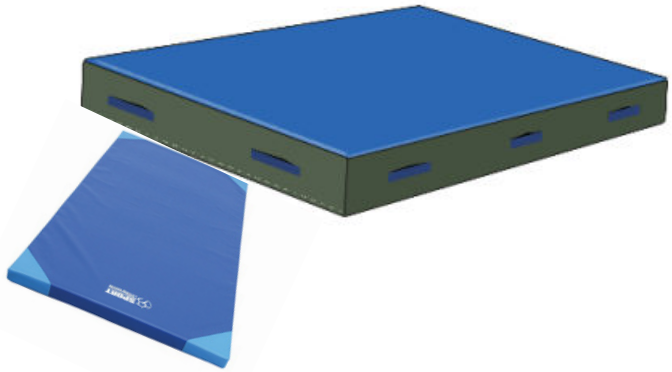
Använd tunnmatta istället för tjockmatta om ni inte har tillräckligt med tjockmattor

Bakåtkullerbytta till spannung

Falla mot mage-vrida till rygg (ej hög plint)
Flickisdrag på tjockmattans kant



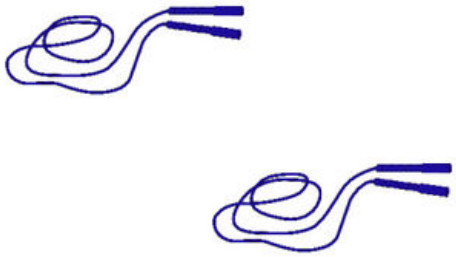
Rondat till knä
Flickisdrag på rygg



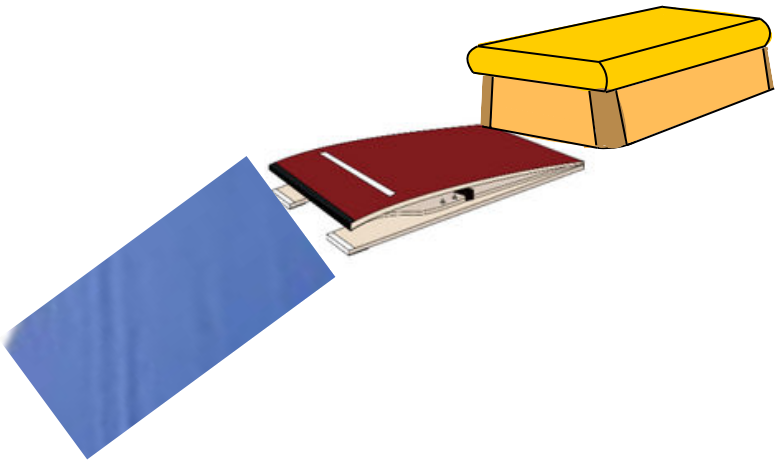
Träning 4

Pass 2 - fria

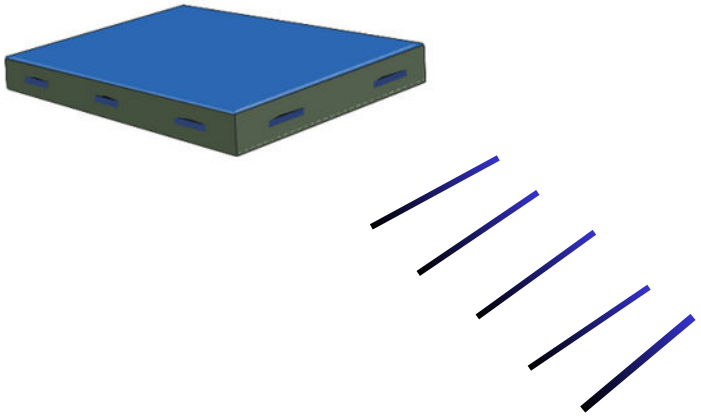
Hoppa hopprep



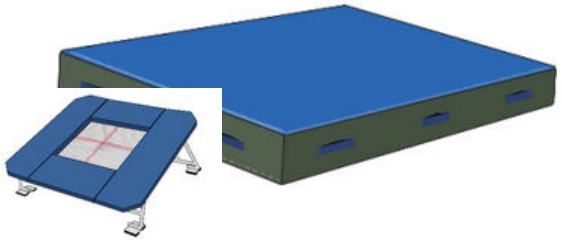
Armdragsstation



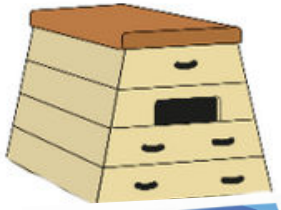
Inhoppsstation



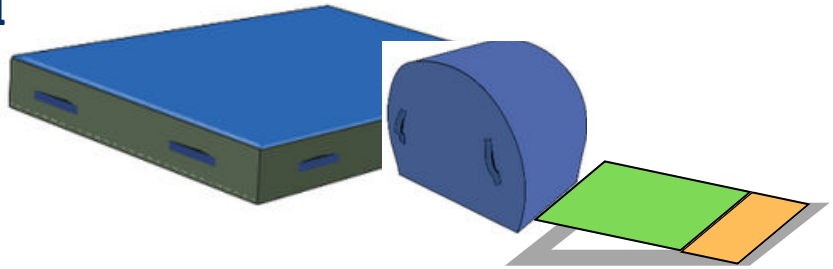
Grupperad volt till rygg (mattberg - bänkar + tjockmatta)



Landning från höjd (gärna med halvsrkuv)



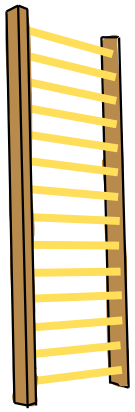
Stillastående kullerbytta över höjd



Positionsträning grupperad/pikerad

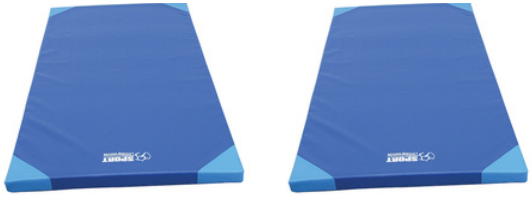
Träning 4

Obligabana

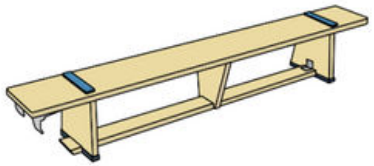


Pikfäll, håll i ribbstol

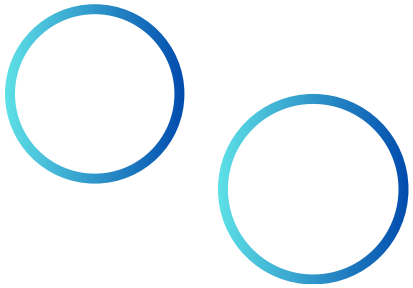
Vippsitt på tunnmatta



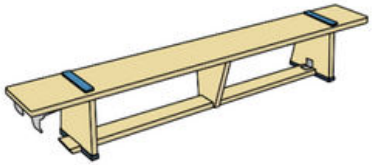
Piruett-prepp på bänk



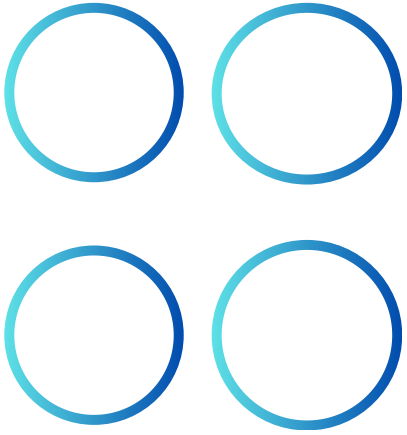
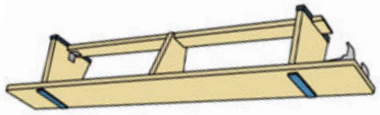
180-hopp i rockring



Grupperat piksittande på bänk



Stillastående galopphopp i rockringar



45*-balans på upp och nedvänd bänk