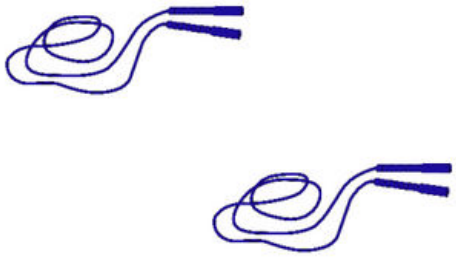
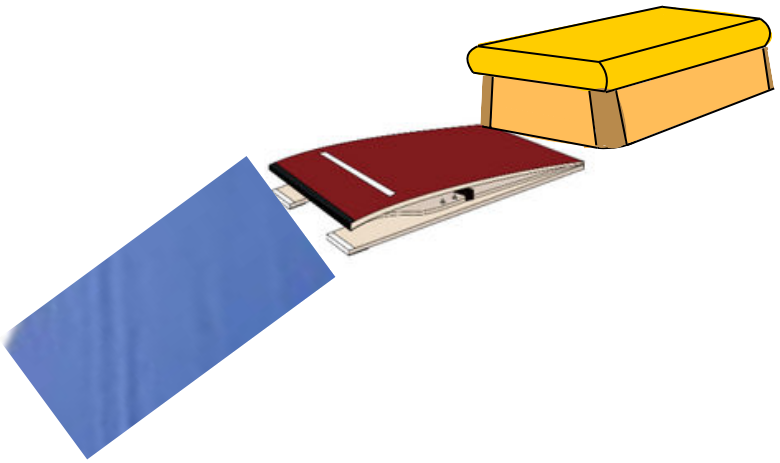
Träning 5

Pass 1 - fria

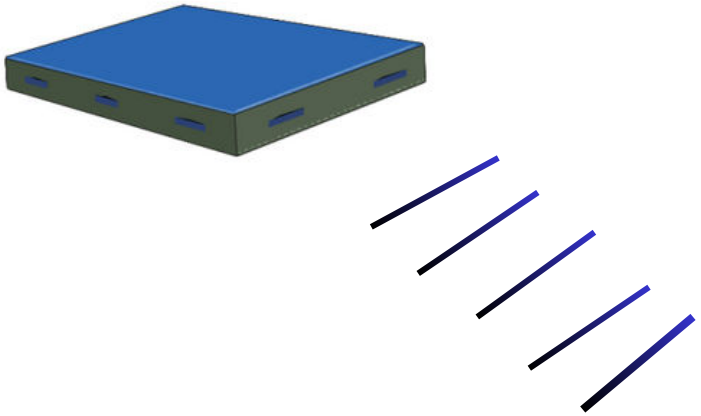
Hoppa hopprep



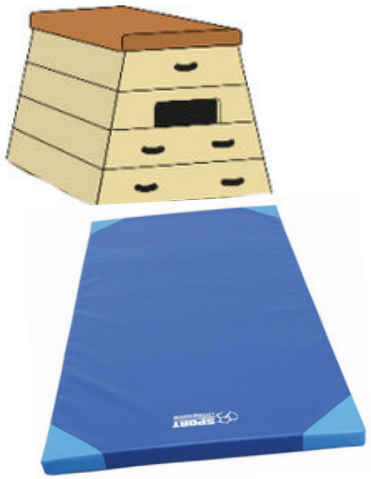
Armdragsstation



Inhoppsstation



Landning från höjd (gärna med halvsrkuv)



Grupperad/pikerad volt till rygg (mattberg - bänkar + tjockmatta)

Positionsträning grupperad/pikerad

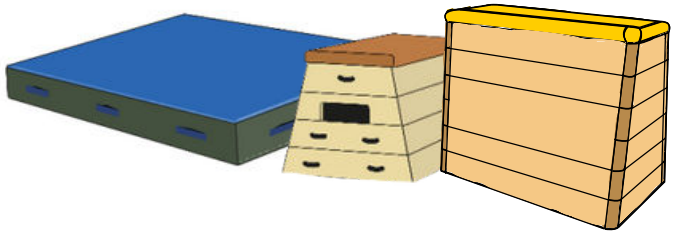
Träning 5

Pass 2 - matta framåt

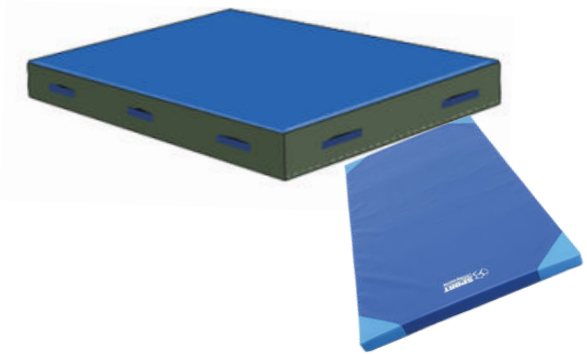
Jämfota-inhopp räkan mot vägg

Använd tunnmatta mot väggen om ni har ont om tjockmattor

Handvoltstrappa



Inhopp handvolt till rygg



Handstående-spark

Sidokullerbytta (escape)

Axeltryck mot vägg