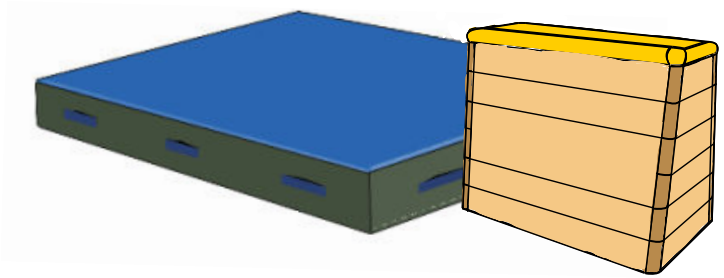
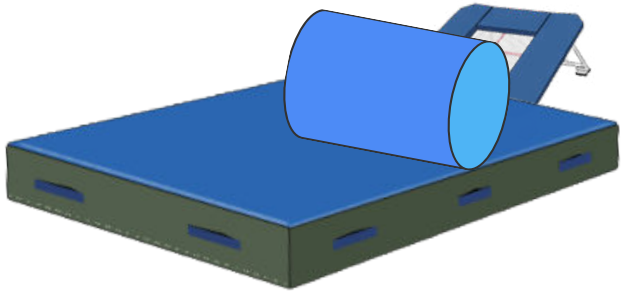
Träning 12

Pass 1 - matta, bakåt

Rondat från höjd



Flickis med eller utan voltkudde

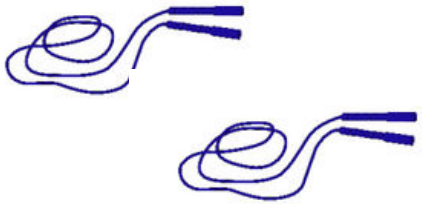


Valfria stationer

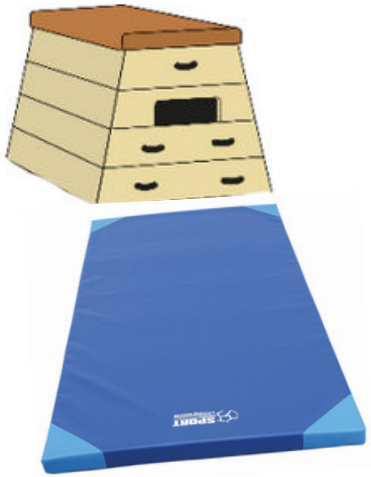
Träning 12

Pass 2 - trampett, fria

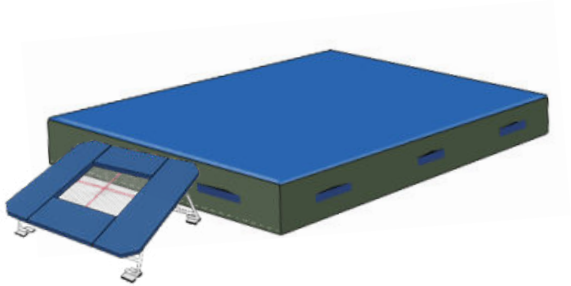
Hoppa hopprep



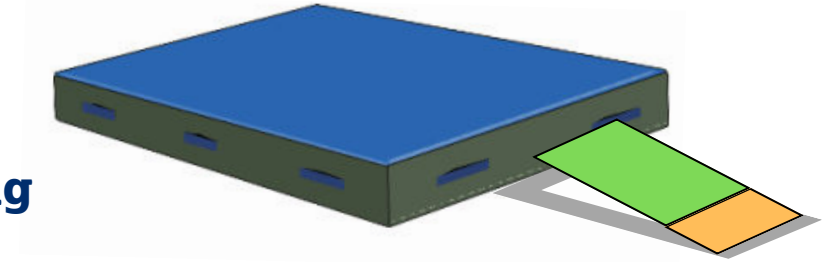
Landning från höjd med halvskruv



Grupperad/pikerad/sträckt volt till rygg



Stillastående volt på satsbräda



Grupperad/pikerad/sträckt-positionsträning