

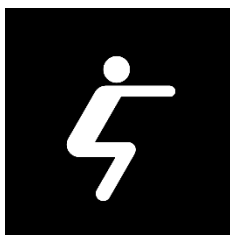
armhävning



balansera



benspark



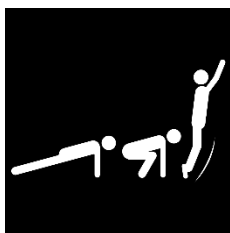
benböj



biceps curls



boxas
tex. luftboxas eller sparra



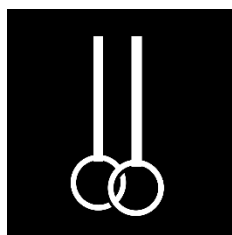
burpee



fällkniv



hoppa hopprep



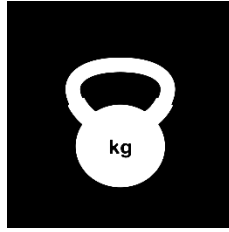
hänga i ringar



höga knän



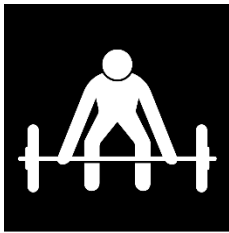
jumping jacks



kettlebell swing



klättra i rep



marklyft / lyfta



plankan



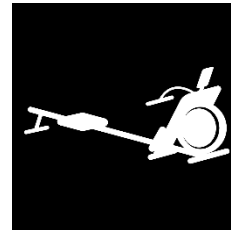
step-ups



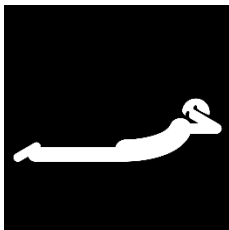
situps



springa
tex. på stället
eller en viss tid



roddmaskin



rygglyft



upphopp



utfall