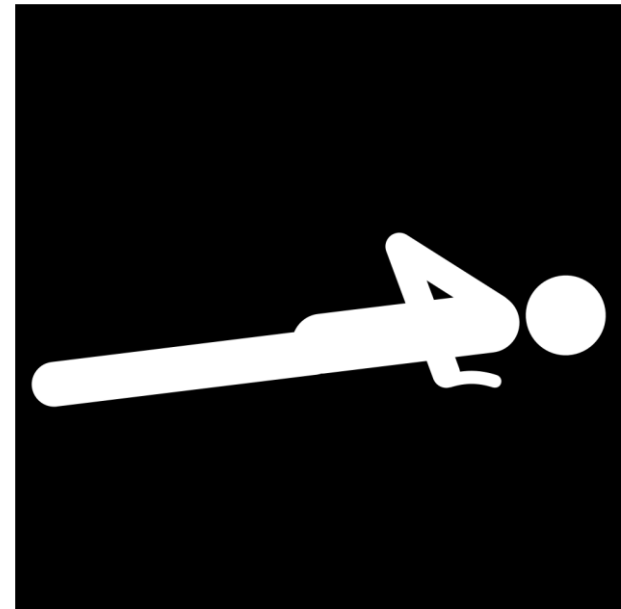




STEP-UPS



ARMHÄVNINGAR



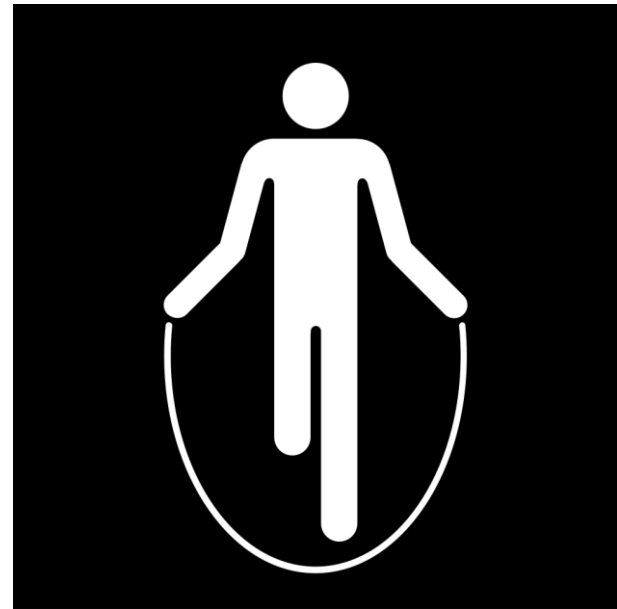
BENSPARK



BURPEES



FÄLLKNIV



HOPPA HOPPREP



HÖGA KNÄN



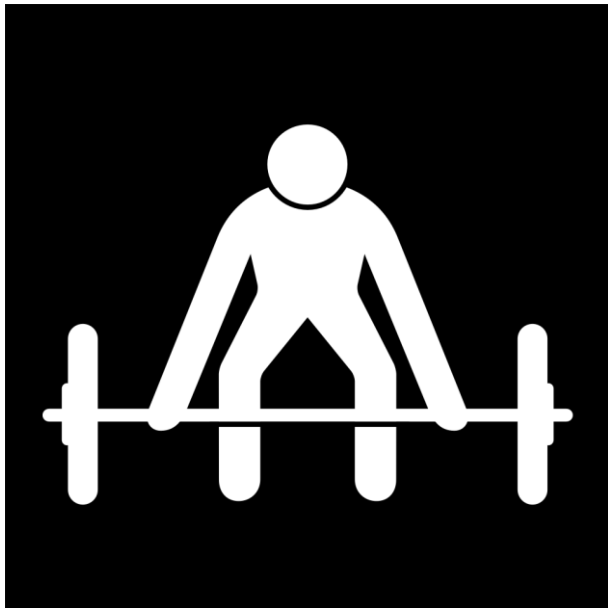
JUMPING JACKS



BENBÖJ



BICEPS CURL



MARKLYFT



PLANKAN



RYGGLYFT



SITUPS



UPPHOPP



UTFALL

