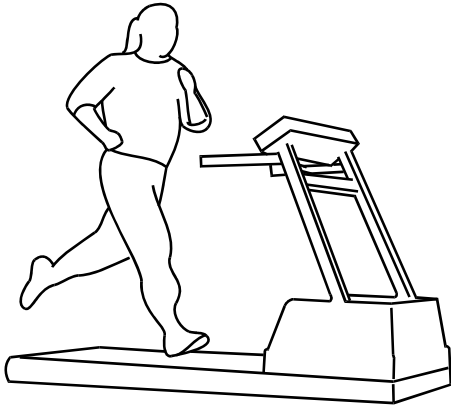


1. Aerobisk  
Löpband

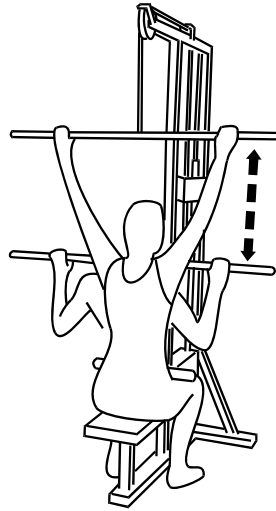
Kondition  
10 - 15 min



GC

2. Rygg/bröstrygg  
Ryggdrag fram

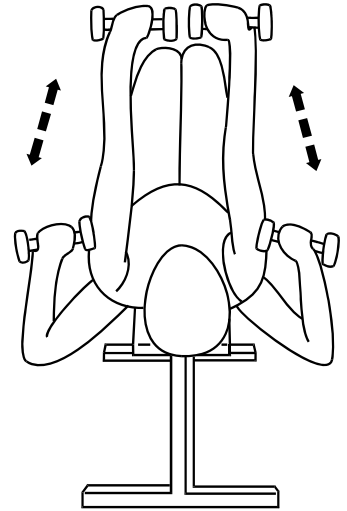
Styrketräning  
3 X 10 - 12



GC

3. Bröst  
Hantelpress liggande

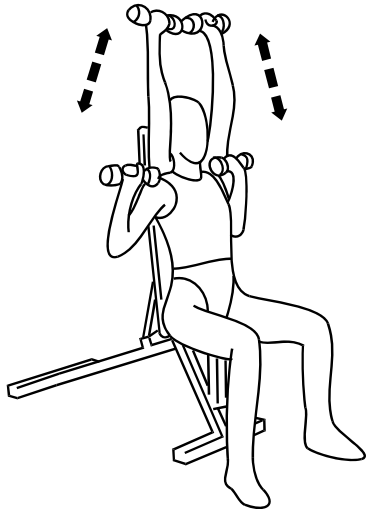
Styrketräning  
3 X 10 - 12



GC

4. Axel/skuldra  
Hantelpress sittande 85°

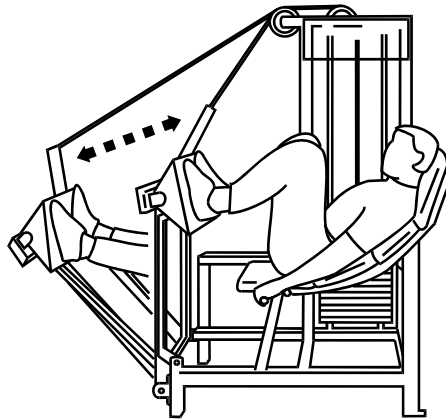
Styrketräning  
3 X 10 - 12



GC

5. Ben/lår  
Benpress

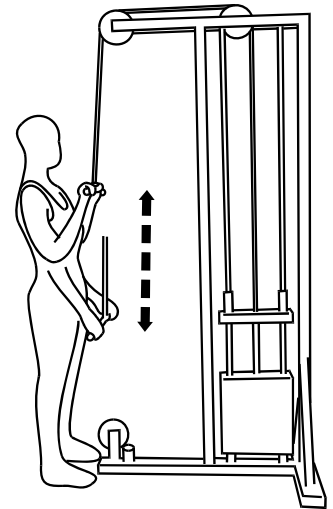
Styrketräning  
3 X 10 - 12



GC

6. Arm/sträckare  
Triceps i hiss stående

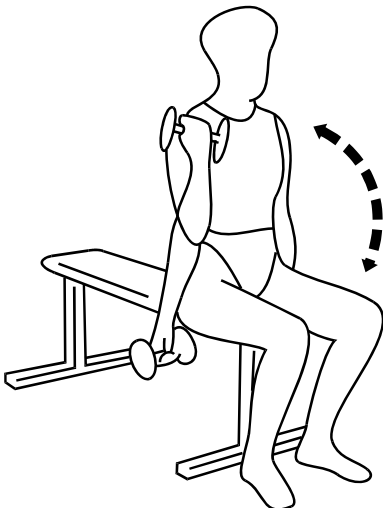
Styrketräning  
3 X 10 - 12



GC

7. Arm/böjare  
Hantelcurl alt sittande

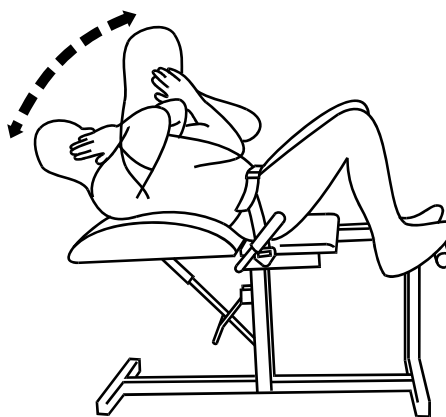
Styrketräning  
3 X 10 - 12



GC

8. Mage  
Sit ups anatomisk

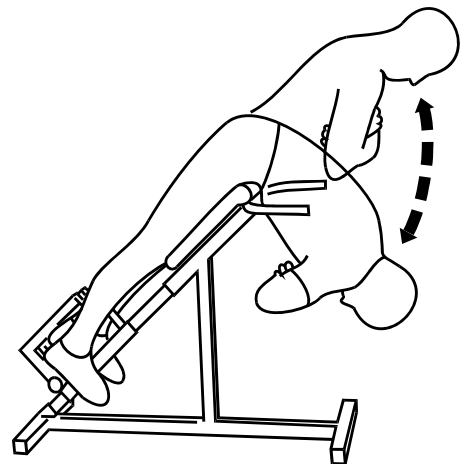
Styrketräning  
3 X 10 - 12



GC

9. Rygg/ländrygg  
Ryggresning 45°

Styrketräning  
3 X 10 - 15



GC