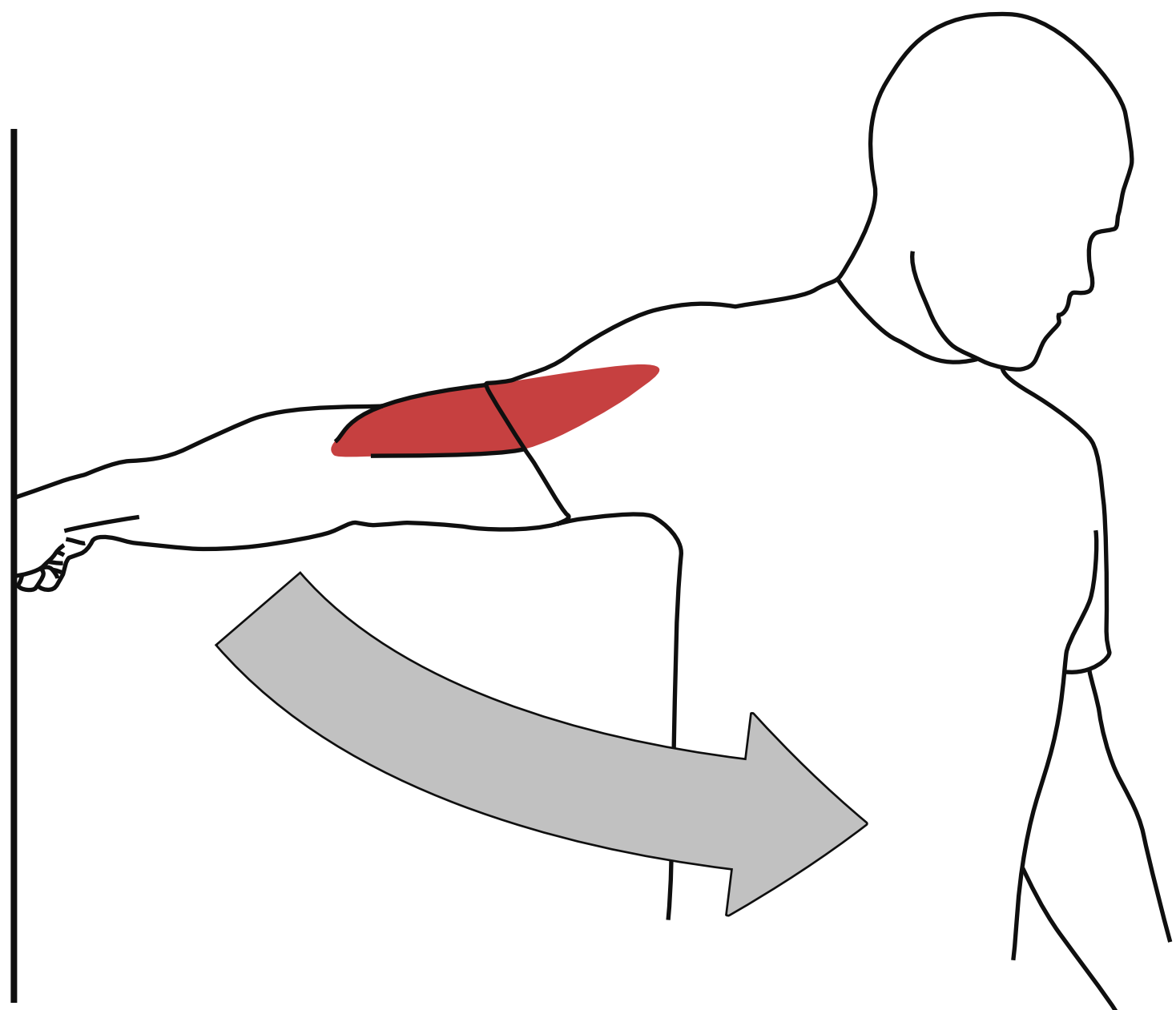
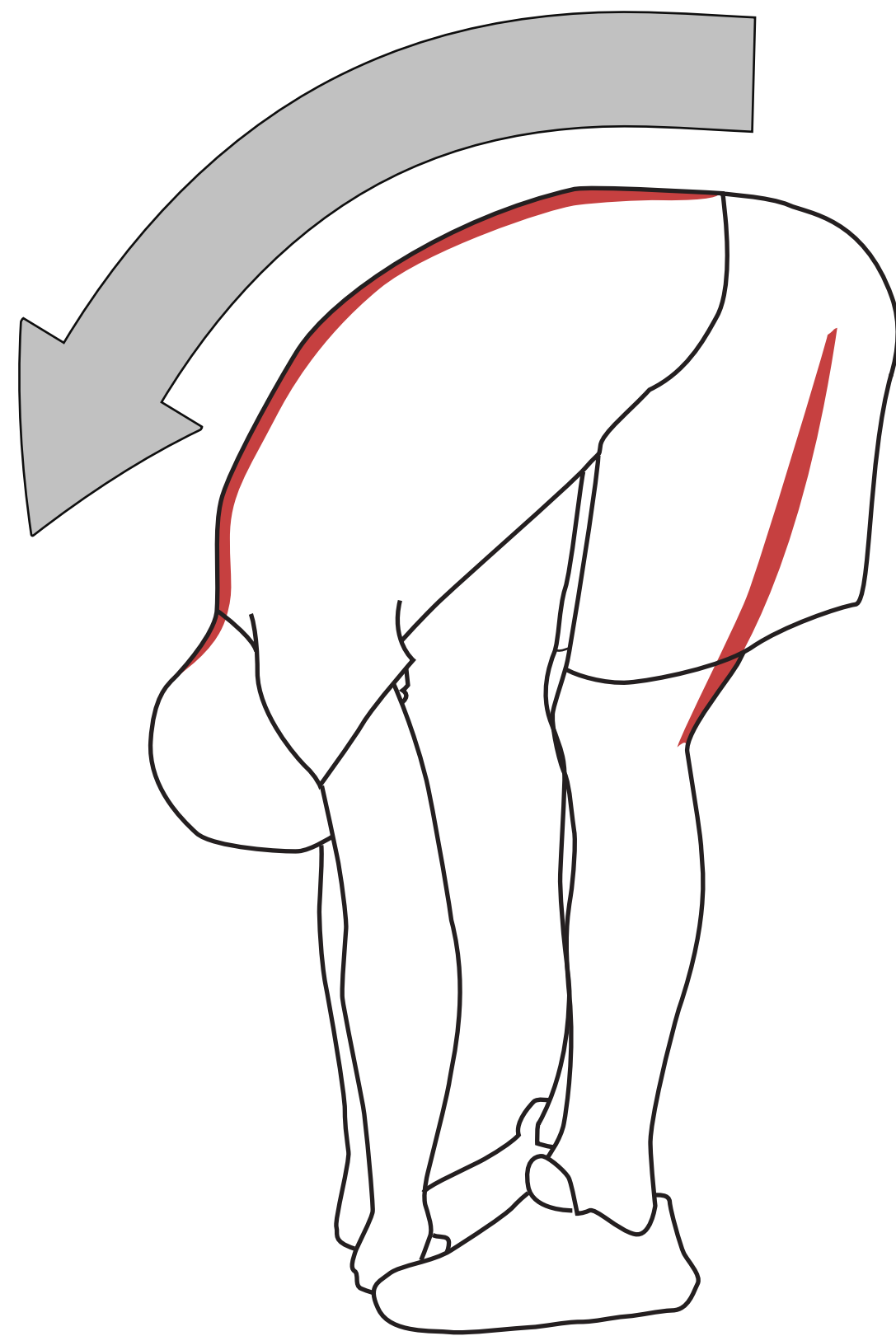


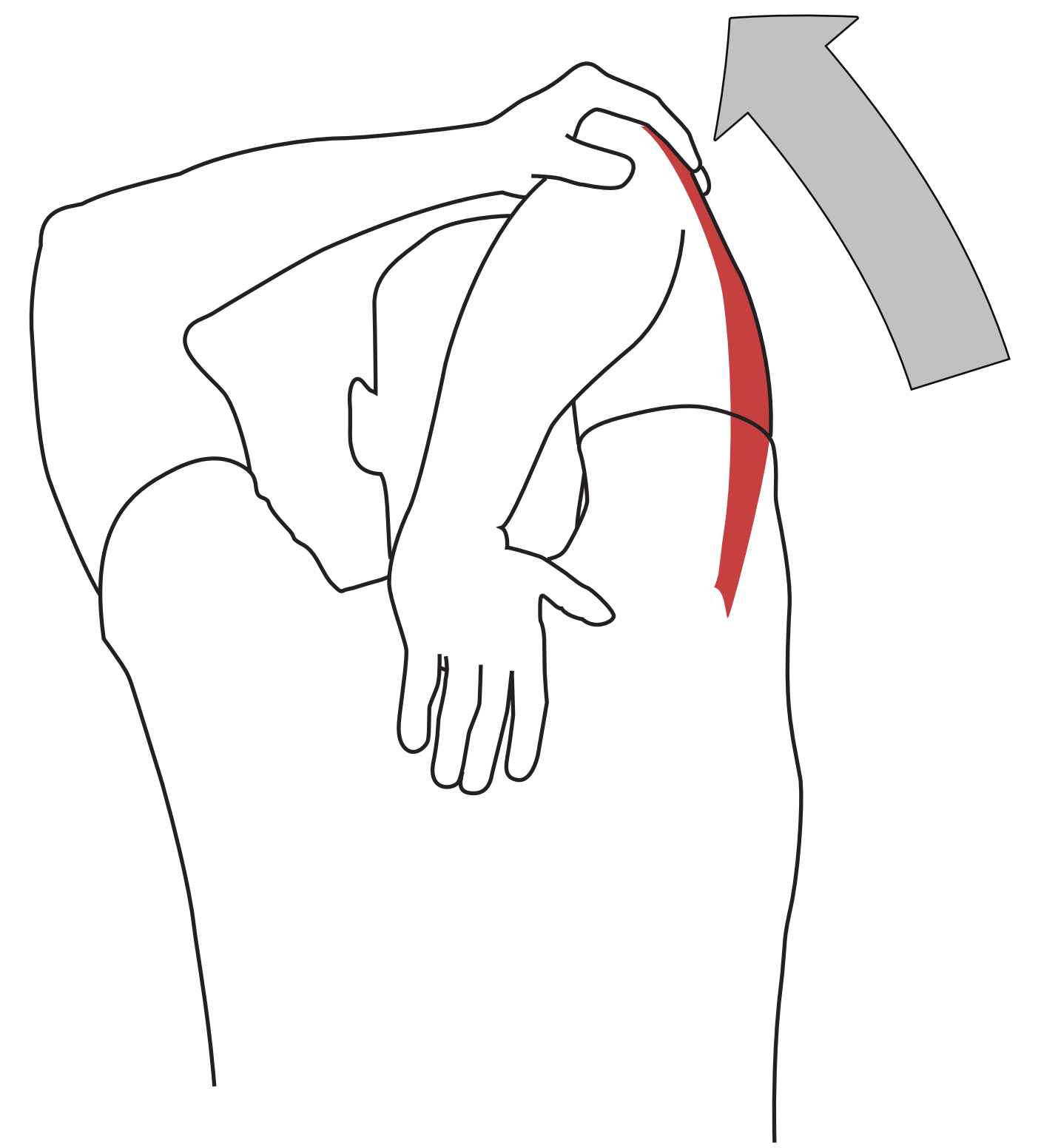
Stretchning



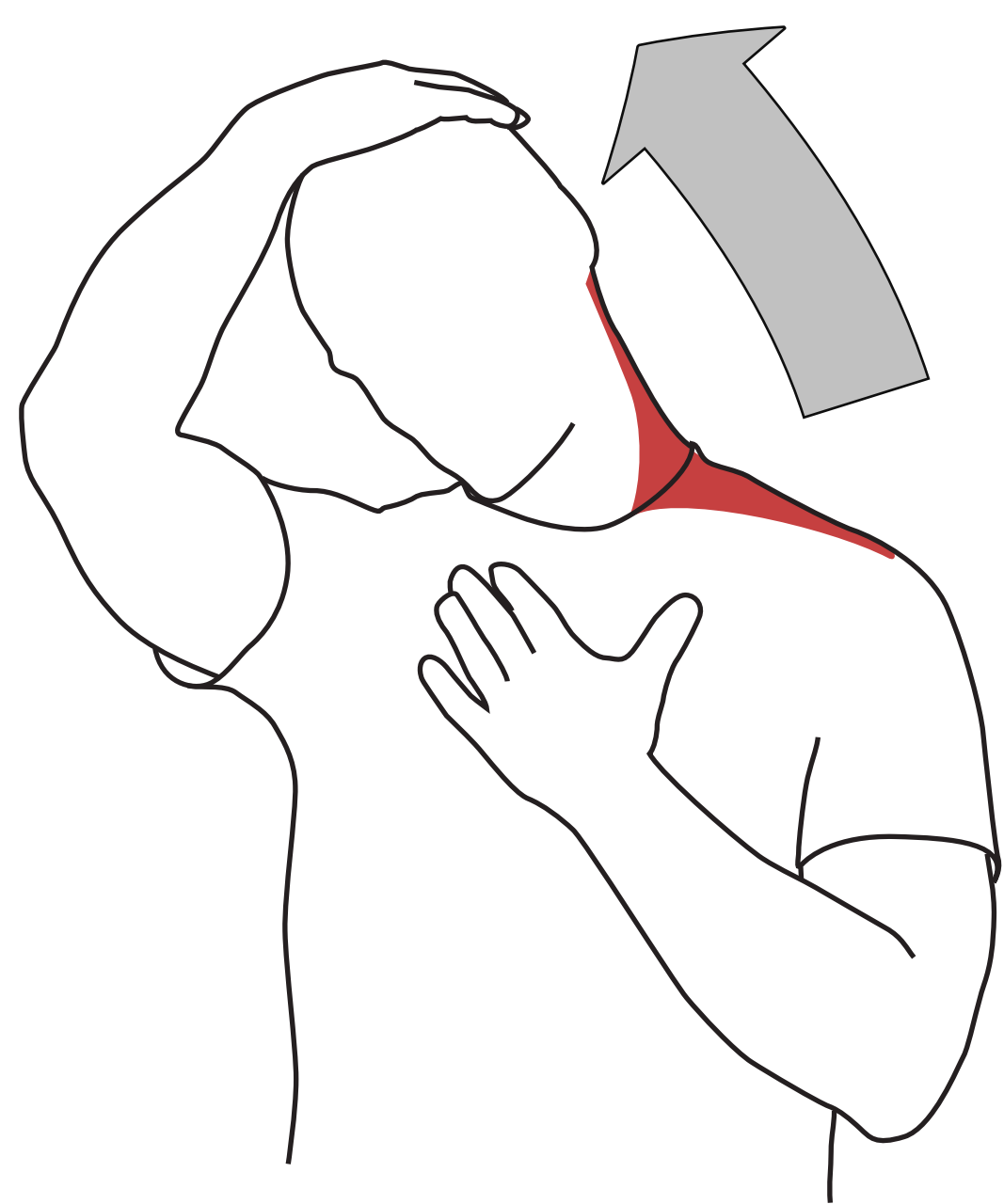
Biceps Brachii



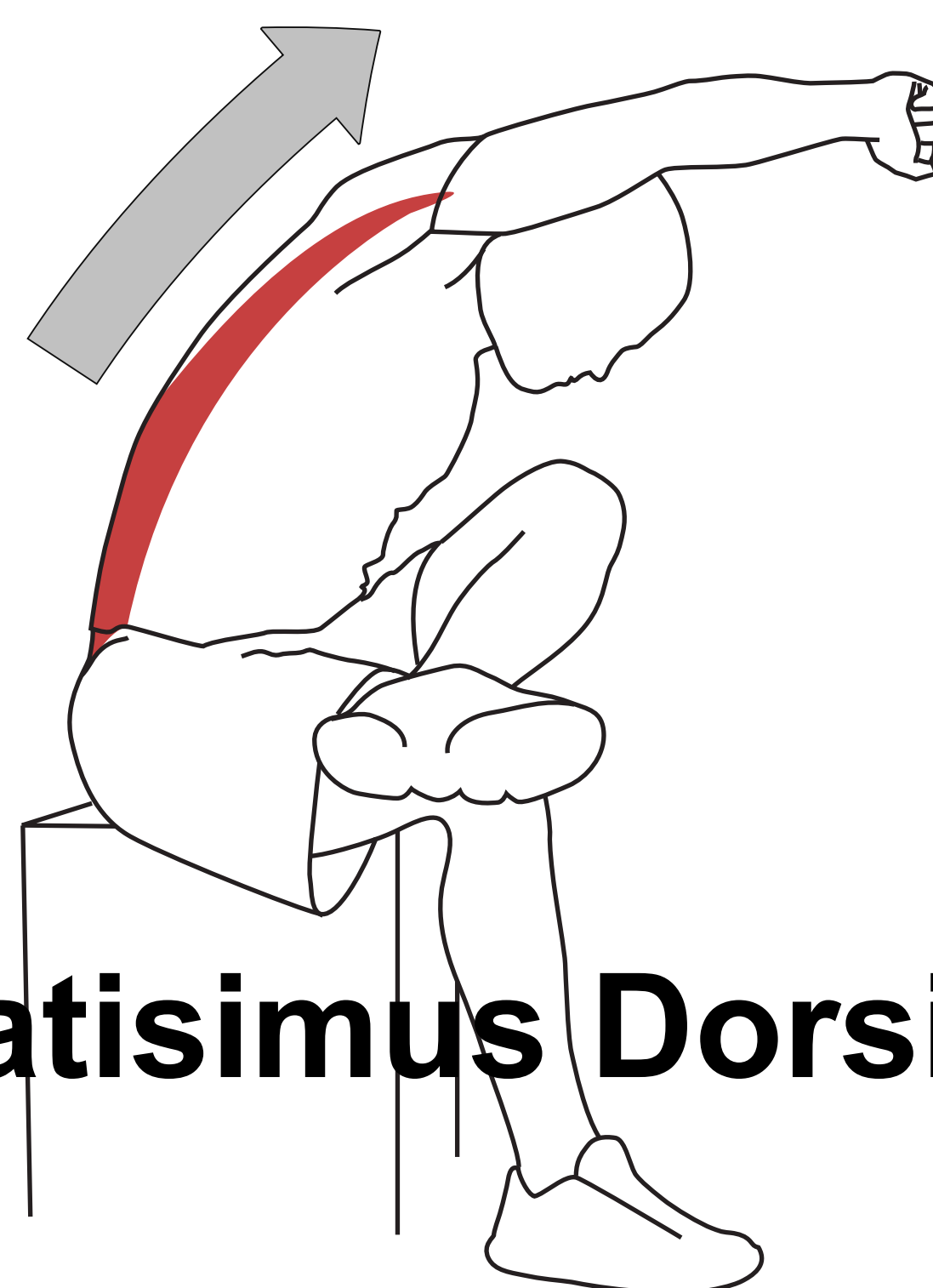
**Erector spinae /
Hamstrings**



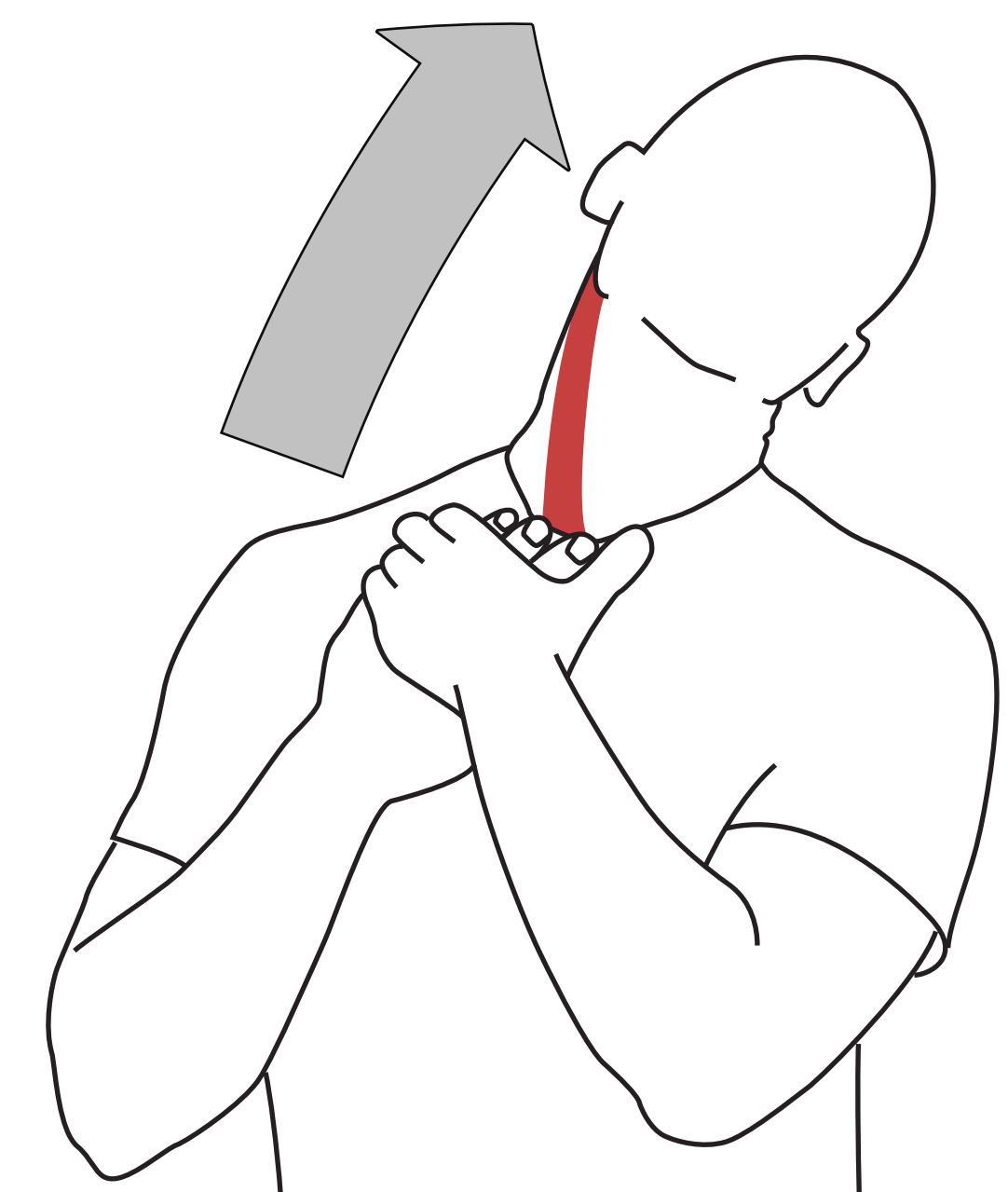
Triceps Brachii



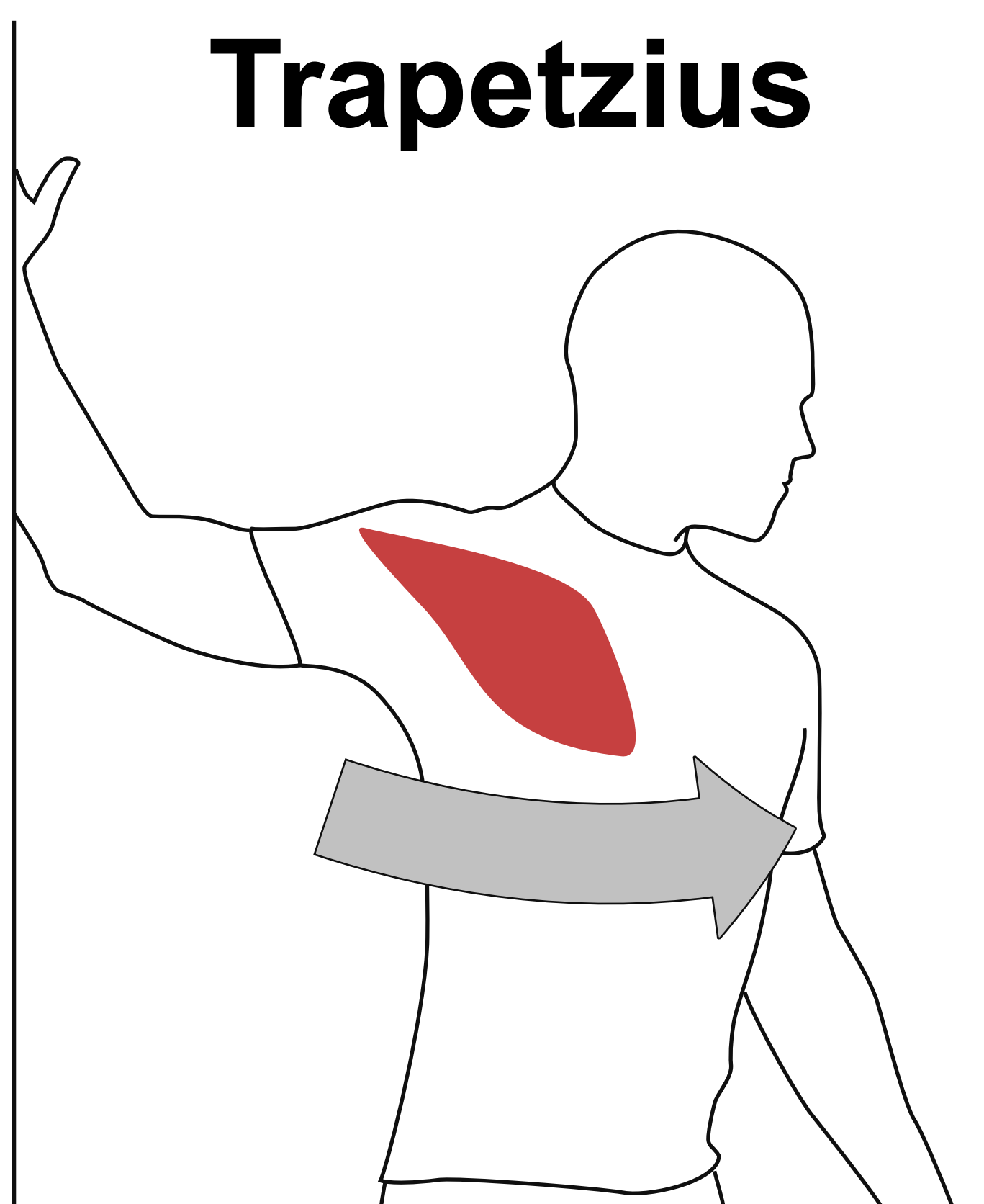
Trapezius



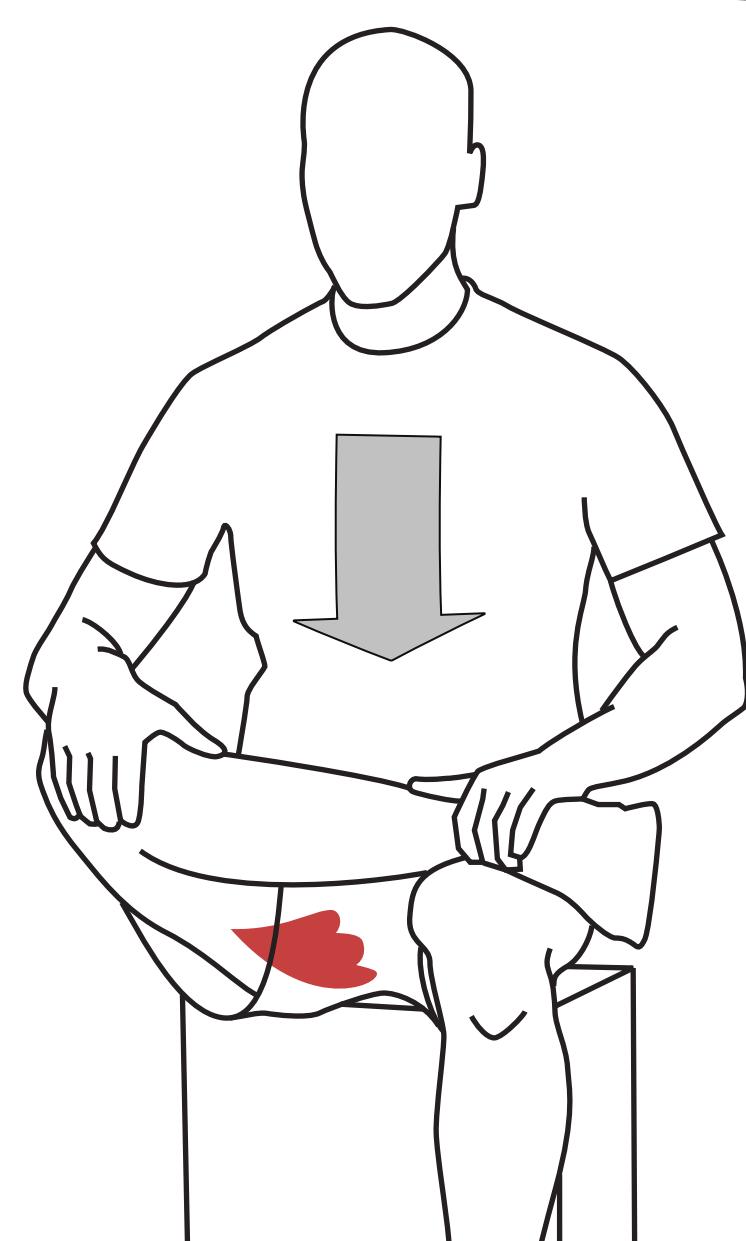
Latissimus Dorsi



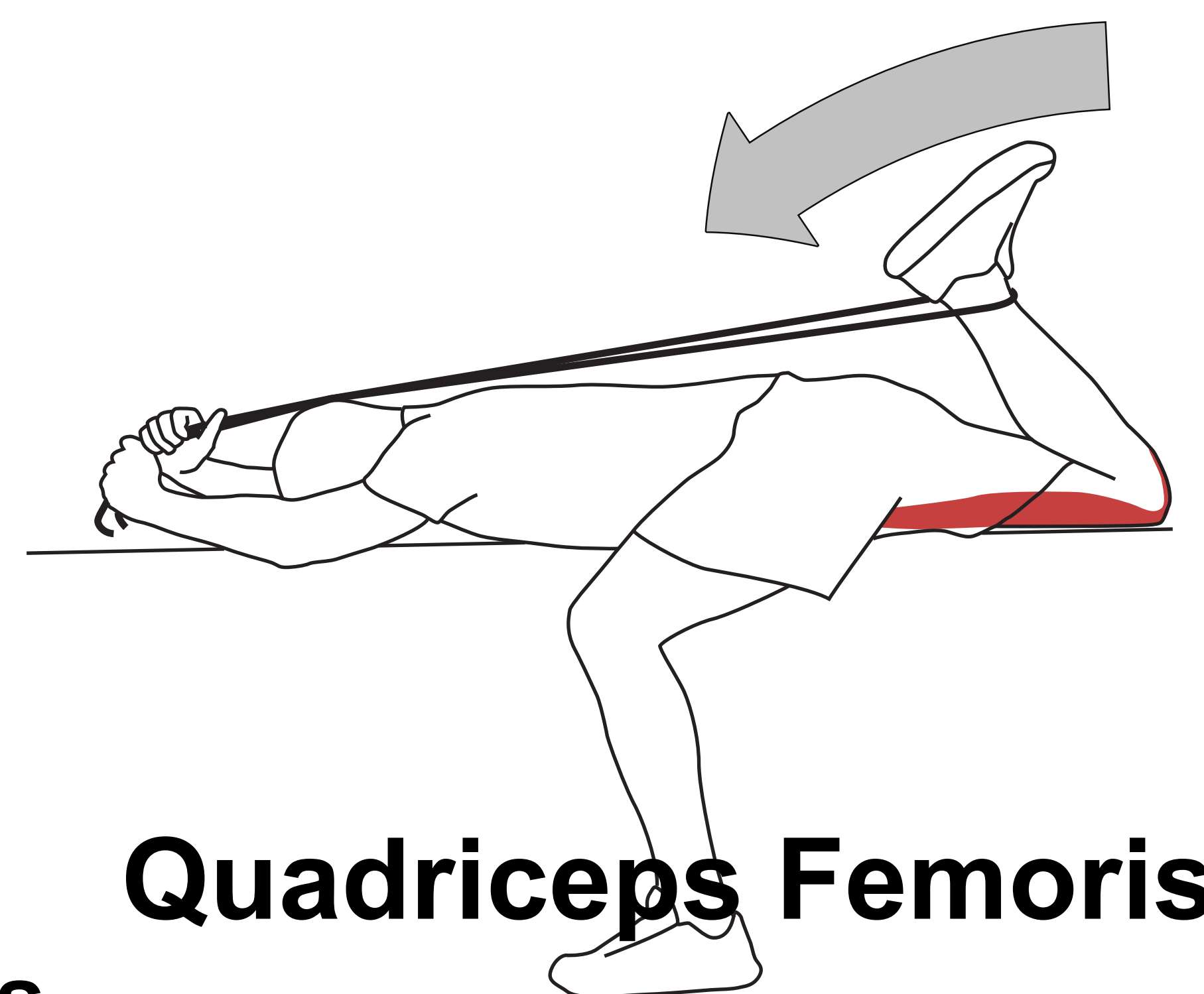
**Sternocleido-
mastoideus**



Pectoralis Major



**Gluteus Medius/
Minimus, Piriformis**



Quadriceps Femoris

Din Träning.se

Skapa dina egna träningsprogram på nätet

All träning sker på egen risk. Sök alltid kvalificerad hjälp innan du tränar själv.