

# ÖVNINGSGUIDE

# FITNESSBOLL

## 1. KNÄBÖJ SQUAT



Startposition Starting position



Slutposition Ending position

## 2. BAKSIDA LÄR HAMSTRING



Startposition Starting position



Slutposition Ending position

## 3. RYGGRESNING BACK HYPEREXTENSION



Startposition Starting position



Slutposition Ending position

## 4. RAKA CRUNCHES CRUNCH



Startposition Starting position



Slutposition Ending position

## 5. SNEDA CRUNCHES SIDE CRUNCH



Startposition Starting position



Slutposition Ending position

## 6. RAKA CRUNCHES MATTA CRUNCH



Startposition Starting position



Slutposition Ending position

## 7. SIT-UPS MATTA SIT-UP



Startposition Starting position



Slutposition Ending position

## 8. OMVÄND FÄLLKNIV REVERSE JACK-KNIFE



Startposition Starting position



Slutposition Ending position

## 9. PLANKA PLANK ROLLOUT



Startposition Starting position



Slutposition Ending position

## 10. PLANKA MATTA PLANK

