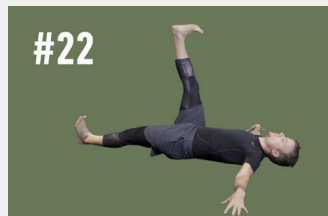


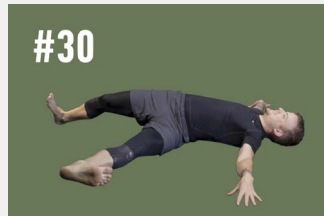
# PRE GAME WORKOUT



#22

1. DYNAMIC L

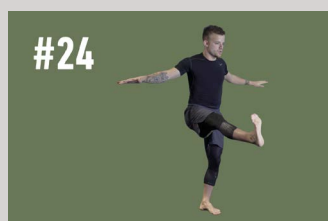
☑ 3 WH



#30

2. ACTIVE LEG LOWERING

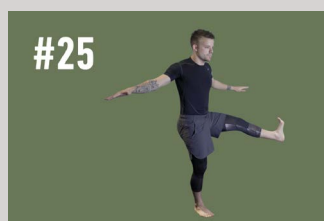
☑ 3 WH



#24

3. LYING FRONTAL SHORT KICKS

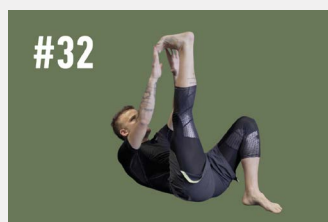
☑ 6 WH



#25

4. LYING DIAGONAL SHORT KICKS

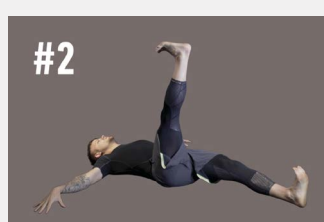
☑ 4 WH



#32

5. DYNAMIC SIT UP WITH LEG REACH

☑ 6 WH

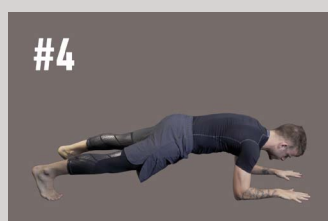


#2

6. VERTICAL STRETCH

🕒 30 SEK

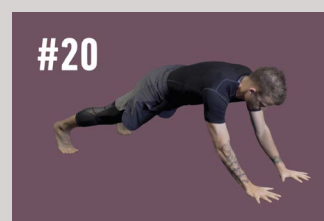
2 RUNDEN (WIEDERHOLE ÜBUNGEN 1. - 6.)



#4

7. ELBOW PLANK

🕒 20 SEK



#20

8. PLANK PUSH-UPS

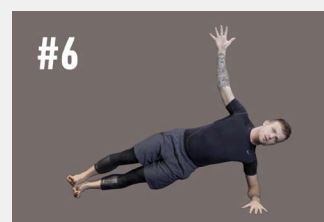
☑ 4 WH



#16

9. SIDE PLANK WITH LEG RAISES

☑ 3 WH



#6

10. SIDE PLANK

🕒 10 SEK

1 MINUTE PAUSE