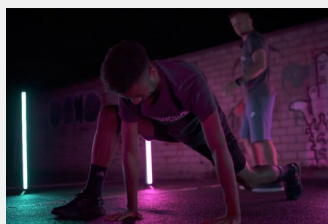
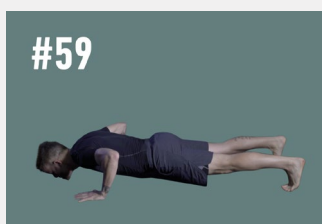


YOUTH TRAINING FOR BALANCE, POWER AND MOBILITY



1. SPIDERMAN LUNGES

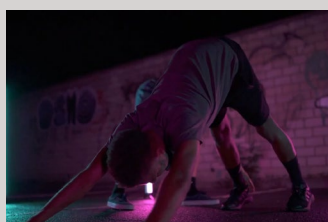
⌚ 15 SEK



#59

2. PUSH-UPS

📏 5 WH



3. PUSH-UPS WITH STRETCH

📏 4 WH



#43

4. FRONT SQUAT

📏 5 WH

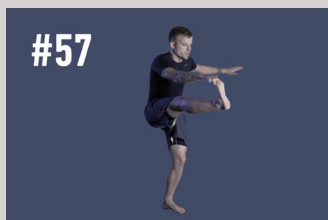


#45

5. JUMP SQUAT

📏 5 WH

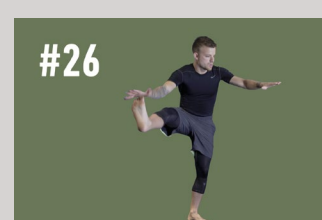
FÜHRE DAS FOLGENDE ÜBUNGSSET 2 MAL AUS



#57

6. FRONT LEG SWINGS

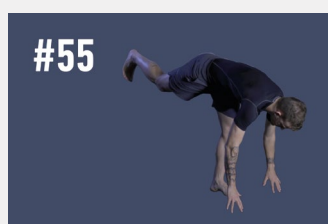
📏 3 WH



#26

7. DYNAMIC LEG SWINGS

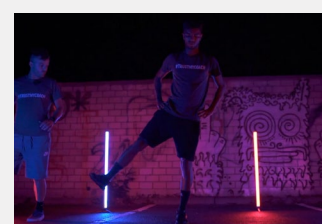
📏 3 WH



#55

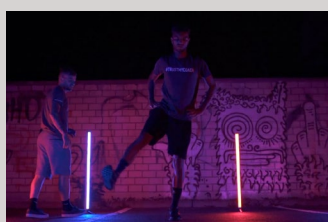
8. SINGLE LEG TOE TOUCHES

📏 3 WH



9. LATERAL LEG RAISES

📏 3 WH



10. CIRCULAR LEG RAISES

📏 6 WH

1 MINUTE PAUSE