
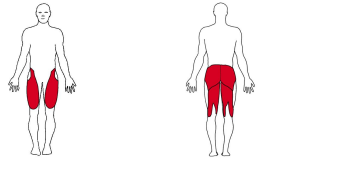
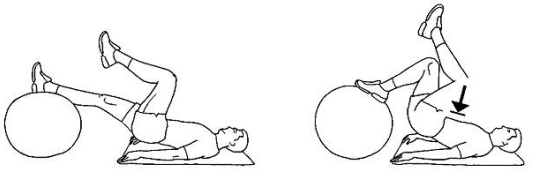
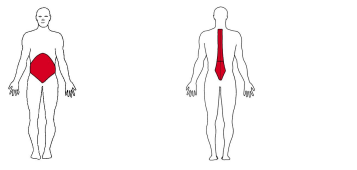
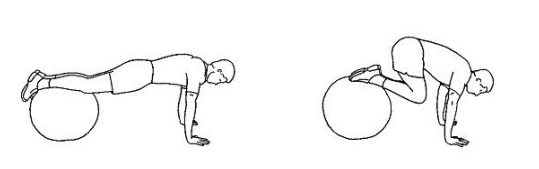
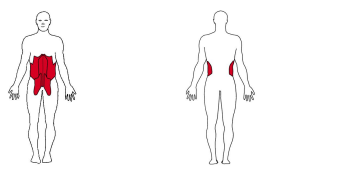
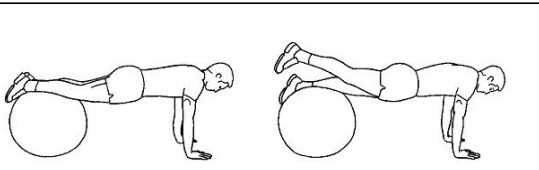
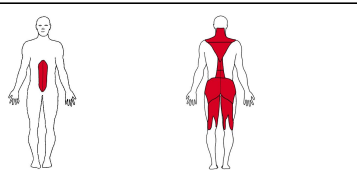

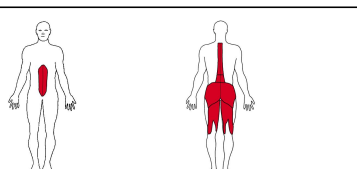
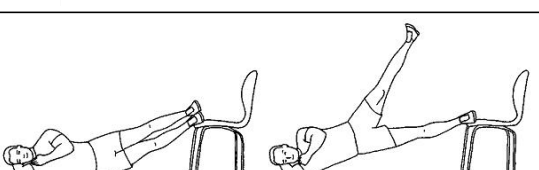
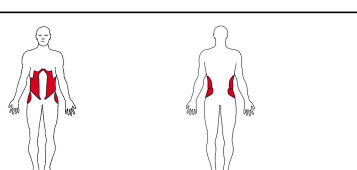
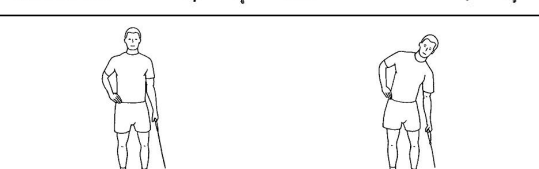
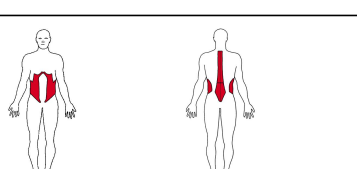
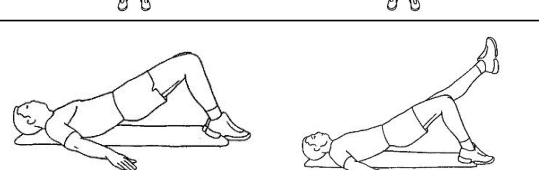
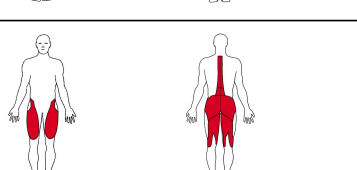


TRILAB.dk - Stabilitetstræning (løb), niveau 2

Øvelse	Illustration	Træningsfokus	Øvelsesdata
1 Knæbøjning med hælløft - normal benstilling (squat)			3 sets x 5-8 reps
2 Etbens bækkenløft og lår curl m/bold			3 sets x 10-15 reps
3 Knæløft på bold			3 sets x 10-15 reps
4 Etbensløft på bold 1			3 sets x 1-3 min reps
5 Brostående benløft på bold 1			3 sets x 10-15 reps
6 Sideplanken på gulv med benløft			3 sets x 10-15 reps
7 Stående sidebøj 3			3 sets x 10-15 reps
8 Bækkenløft m/knæstræk			3 sets x ___ reps