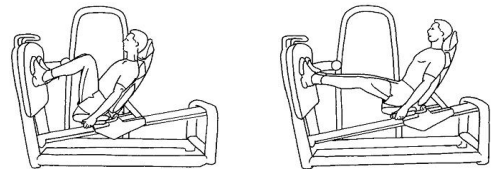
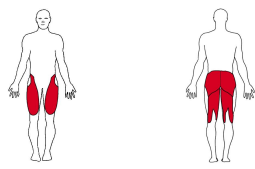
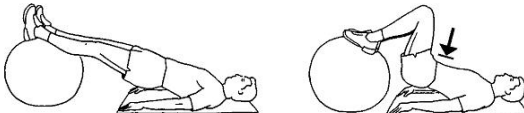
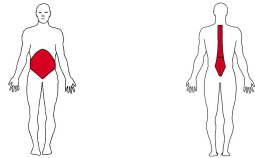

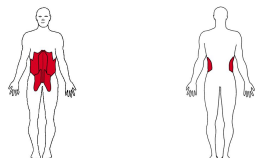
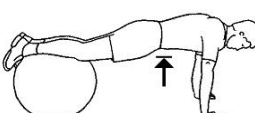
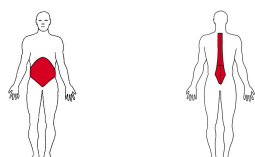
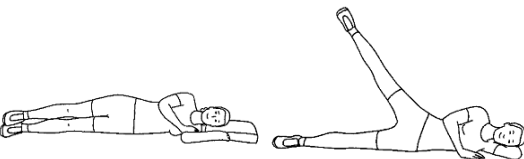
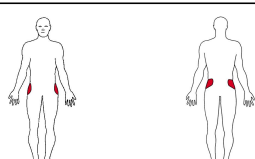
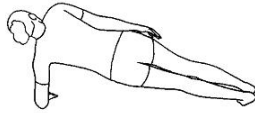
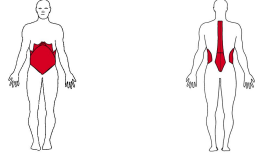
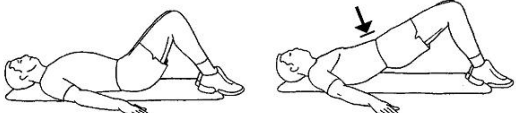
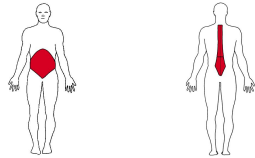


TRILAB.dk Stabilitetstræning (løb), niveau 1

Øvelse	Illustration	Træningsfokus	Øvelsesdata
1 Skråsidende benpres / Leg press			3 sets x 10 reps
2 Bækkenløft og lårcurl m/bold			3 sets x 10-15 reps
3 Knæløft på bold			3 sets x 10-15 reps
4 Planke på hænder på bold			3 sets x ___ reps
5 Siddeliggende abduktion hofte			3 sets x 10-15 reps
6 Side planken			3 sets x ___ reps
7 "Broen"			3 sets x ___ reps