



Träna



hemma



Välj en boll du tycker om.



Om du vill

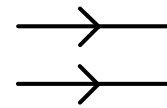


lyssna på Träna hemma musik

på



Spotify



samtidigt

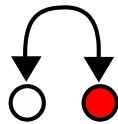
som du



tränar.



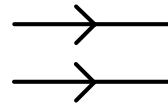
Fotografera



eller



filma



när

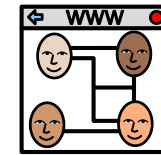
du



tränar



och

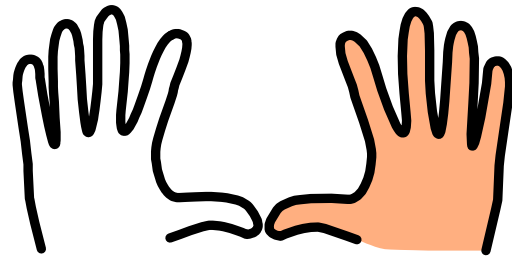


visa i gruppen.

1



Studsa bollen



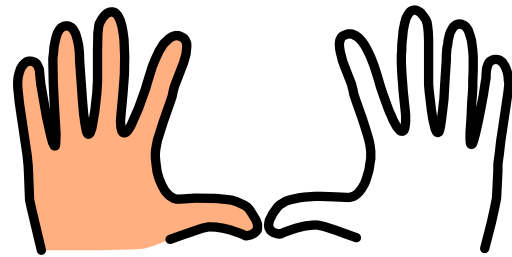
med höger hand

10x

2



Studsa bollen



med vänster hand

10x

3



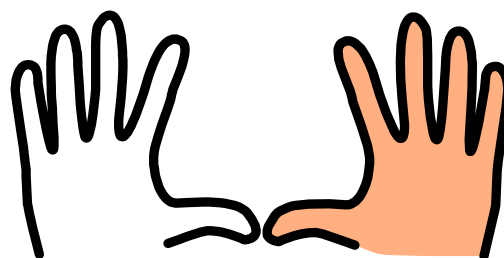
Sit-ups

10x

4



Studsas bollen



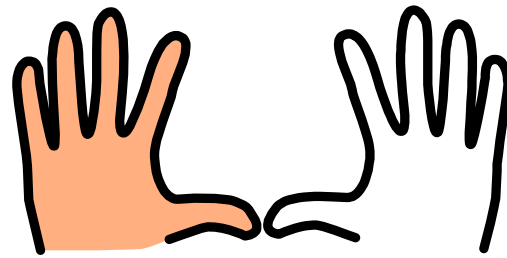
med höger hand

10x

5



Studsa bollen



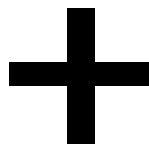
med vänster hand

10x

6



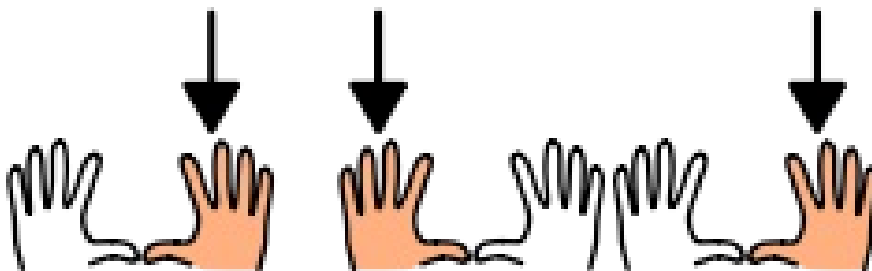
Plocka äpplen



och



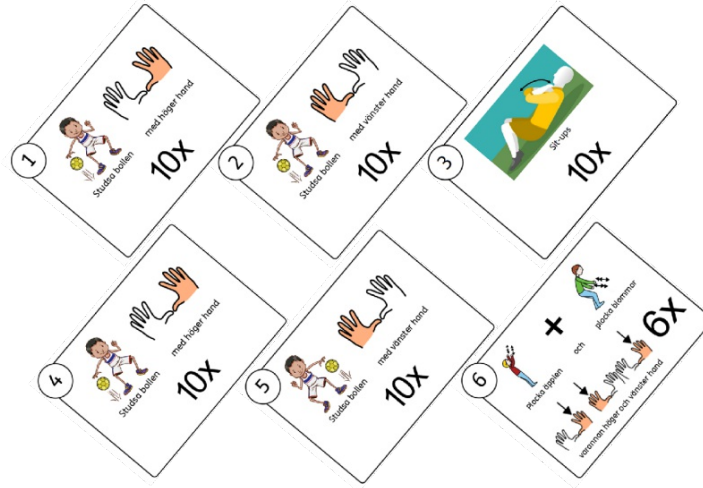
plocka blommor



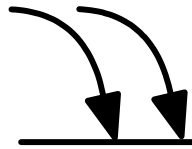
6x

varannan höger och vänster hand

7

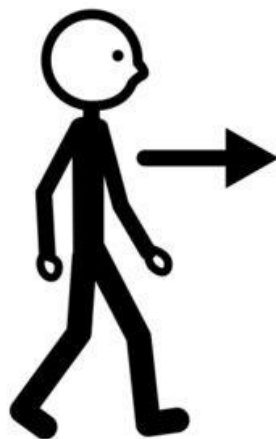


Övning 1-6

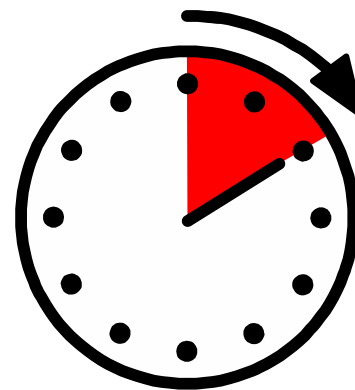


en gång till

8



Gå



10 minuter