

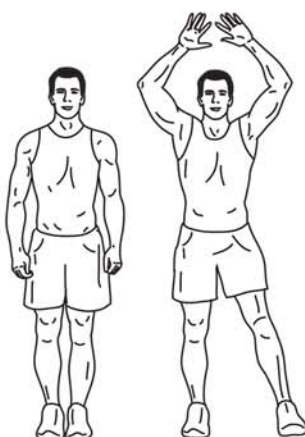
HJEMME TRÆNING

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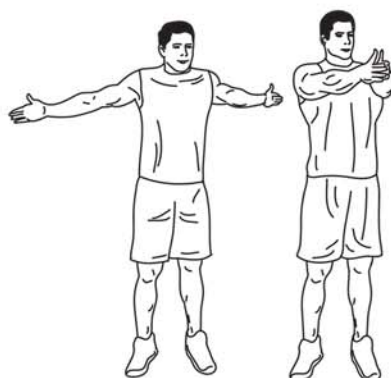
Gentag 5 gange i alt - Hold pause i op til 2 minutter



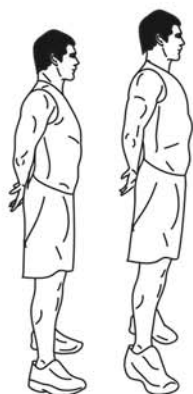
10 Hofterotationer



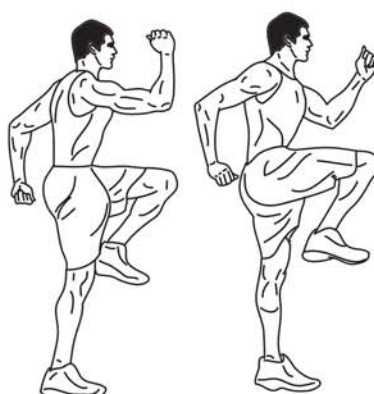
10 Sideskridt



10 Brystudvidelser



10 Hælløft



10 March-skridt