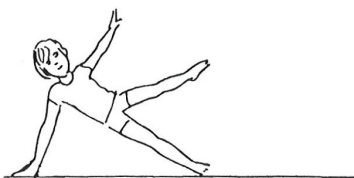
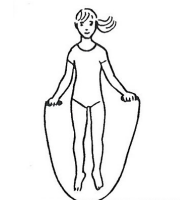


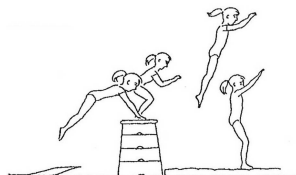
Frastøtt - motstøtt



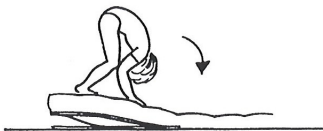
**Side -fothåndstående
Begge sider**



Hoppe tau, 20 hopp



**Hopp med Brett og kasse,
strekkhopp ned**



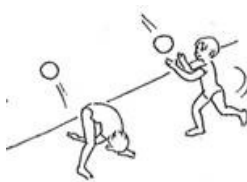
Forlengs rulle



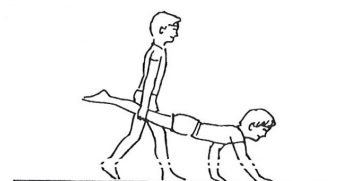
Baklengs rulle



Hodestående



**Stå med rygg mot vegg, kast
ballen mellom bena - snu 180
grader og fang ballen**



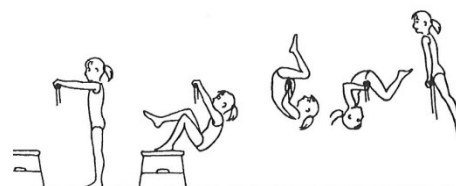
Trillebår



Fly



**Hoppe fra side til side med ett
ben på benken**



Hjulomsving bakover fra gulv



**Sats med samlede bein til rulle i
oppbygd tjukkass**