

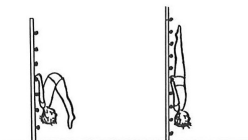
Serie på benk



Frastøtt - motstøtt



Side -fthåndstående
Begge sider



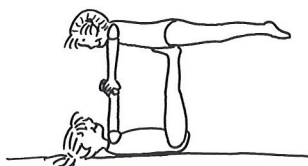
Styrke og bevegelse
senk og hev bena i ribba



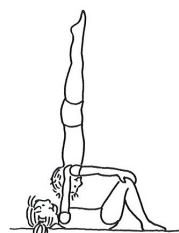
Kenguru



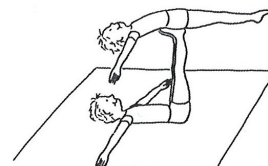
Skater'n



Fly



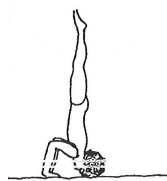
Knehåndstående



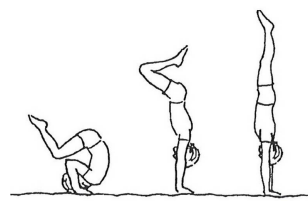
Heng



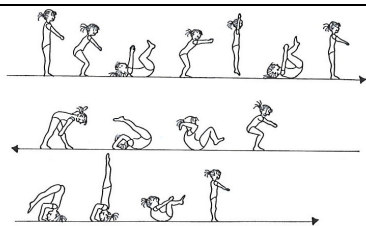
Baklengs rulle



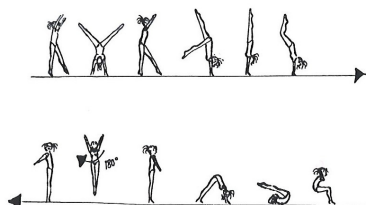
Hodestående



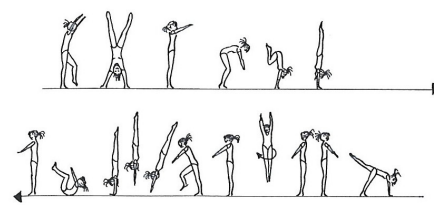
Håndstående



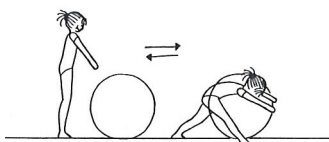
Matteserie 1



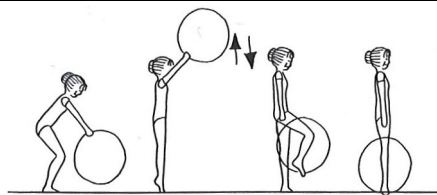
Matteserie 2



Matteserie 3



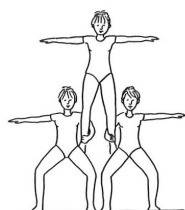
Reversering, kryp igjennom



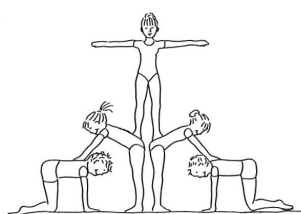
Kast, fang med fot



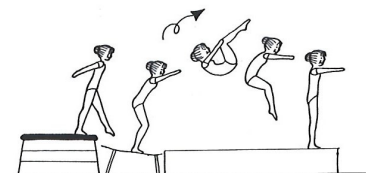
Kast, rulle, fang med beina



Pyramide 1



Pyramide 2



Salto til stående