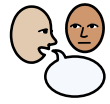




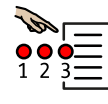
Samling



Information



Uppvärmning



Genomgång



träning



Välja



vart



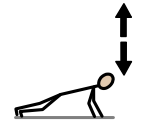
man



börjar



Övningar



Planka



musik



HJÄLTEFÖRENINGEN

# Hjälteträning



Svettas



hög



puls



Utfallssteg



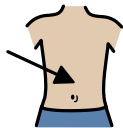
Kasta



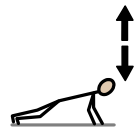
boll



träna



magen



Armhävningar



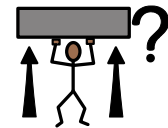
snabba



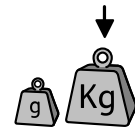
fötter



Springa



lyfta



tungt