


 **Burpees** 

 **10x**

1

 **Rygstrækninger på gulv** 



 **10x**

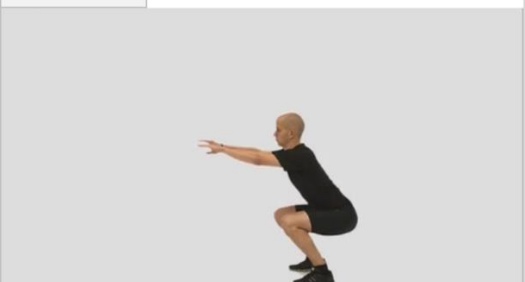
2

 **Skrå mavebøjning hånd til knæ** 

 **10x x2**

3



 **Squat** 

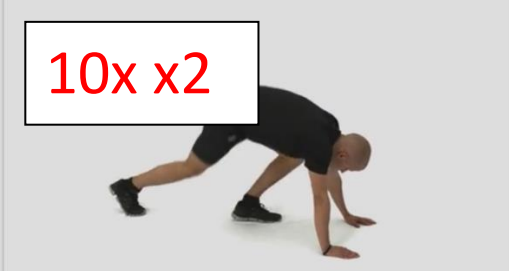


4



PAUSE!

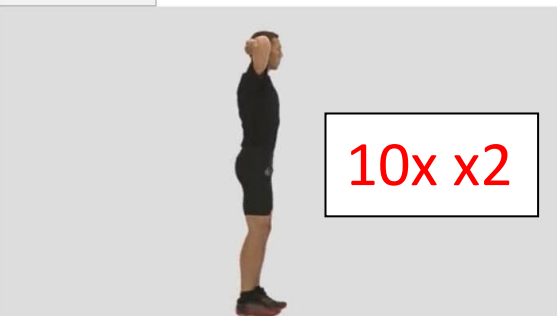
5

 **Mountain climber** 



 **10x x2**

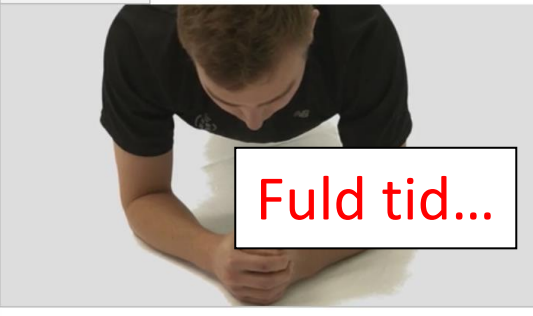
6

 **Lunges baglæns** 

 **10x x2**

7

 **Planken** 

 **Fuld tid...**

8