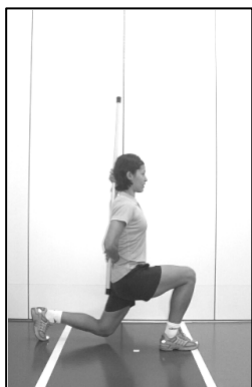


Aktiva rörlighetsövningar

Utfallssteg



1a

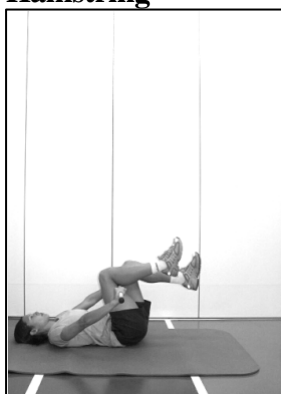


1b



1c

Hamstring



2a



2b

Rotation



3a



3b



3c

Sidböjning



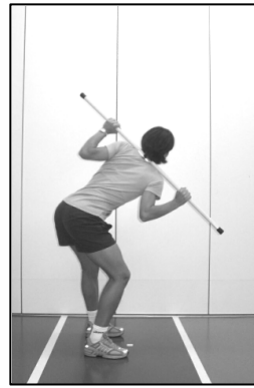
4a



4b



4c



4d



4e