

# ØVELSESGUIDE

# FITNESSBOLD

## 1. Knæbøjning Squat



Startposition Starting position



Slutposition Ending position

## 2. Baglår Hamstring



Startposition Starting position



Slutposition Ending position

## 3. Rygløft Back hyperextension



Startposition Starting position



Slutposition Ending position

## 4. Lige crunches Crunch



Startposition Starting position



Slutposition Ending position

## 5. Skrå crunches Side crunch



Startposition Starting position



Slutposition Ending position

## 6. Lige crunches måtte Crunch



Startposition Starting position



Slutposition Ending position

## 7. Sit-ups måtte Sit-up



Startposition Starting position



Slutposition Ending position

## 8. Omvendt foldekniv Reverse Jack-knife



Startposition Starting position



Slutposition Ending position

## 9. Planke Plank rollout



Startposition Starting position



Slutposition Ending position

## 10. Planke måtte Plank

