

ØVELSESGUIDE

HÅNDVÆGTE

1. Knæbøjning Squat



Startposition Starting position



Slutposition Ending position

2. Udfald Lunge



Startposition Starting position



Slutposition Ending position

3. Enarmsroning Row



Startposition Starting position



Slutposition Ending position

4. Brystpres Chest press



Startposition Starting position



Slutposition Ending position

5. Armhævning Push up



Startposition Starting position



Slutposition Ending position

6. Pandepres French press



Startposition Starting position



Slutposition Ending position

7. Kick back Kick back



Startposition Starting position



Slutposition Ending position

8. Biceps-curl Biceps curl



Startposition Starting position



Slutposition Ending position

9. Skulderpres Shoulder press



Startposition Starting position



Slutposition Ending position

10. Skulderløft Shoulder raise



Startposition Starting position



Slutposition Ending position