

ÖVNINGSGUIDE

HANTLAR

1. KNÄBÖJ SQUAT



Startposition Starting position



Slutposition Ending position

2. UTFALL LUNGE



Startposition Starting position



Slutposition Ending position

3. ENARMSRODD ROW



Startposition Starting position



Slutposition Ending position

4. BRÖSTPRESS CHEST PRESS



Startposition Starting position



Slutposition Ending position

5. ARMHÄVNING PUSH UP



Startposition Starting position



Slutposition Ending position

6. PRESS FRÅN PANNA 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. AXELPRESS SHOULDER PRESS



Startposition Starting position



Slutposition Ending position

10. AXELLYFT SHOULDER RAISE



Startposition Starting position



Slutposition Ending position