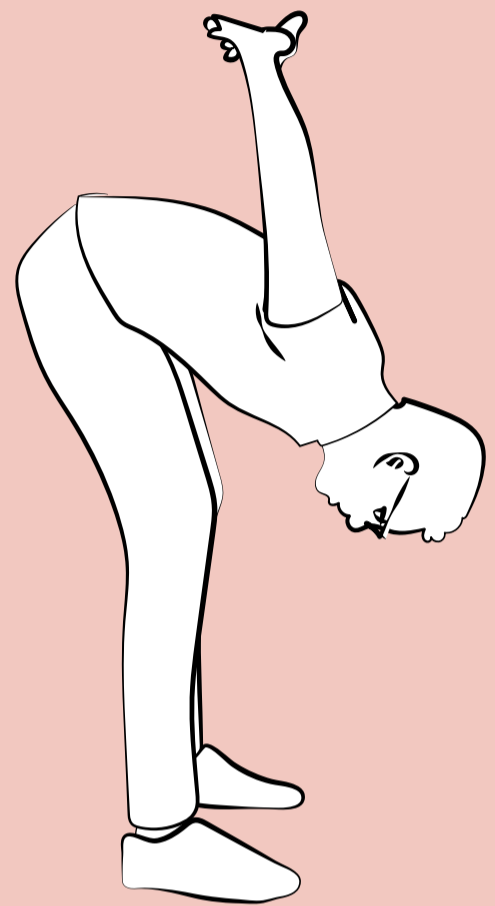


# Opvarmning til intelligent træning



1) Stræk foran og til siden



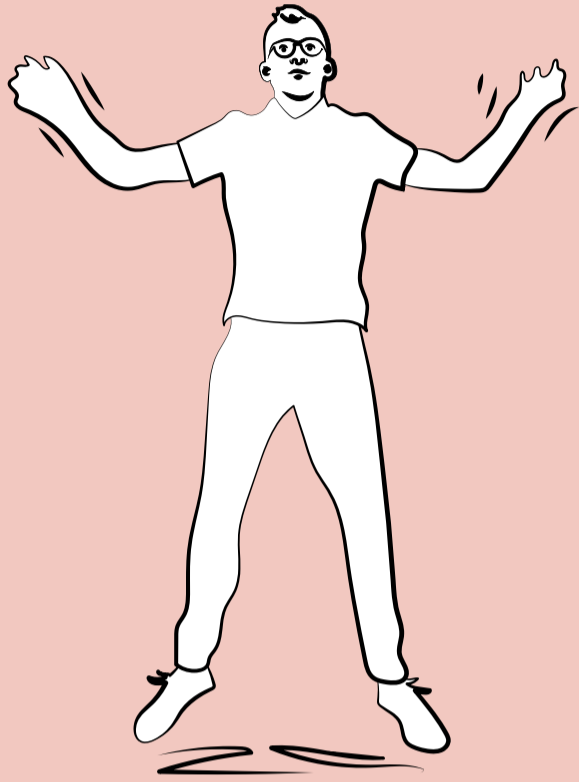
2) Stræk bag ryg



3) Stræk fra gulv til loft

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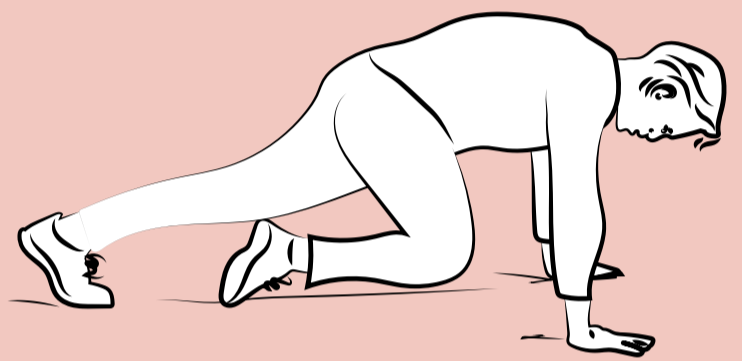
# Intelligent træning for din kondition



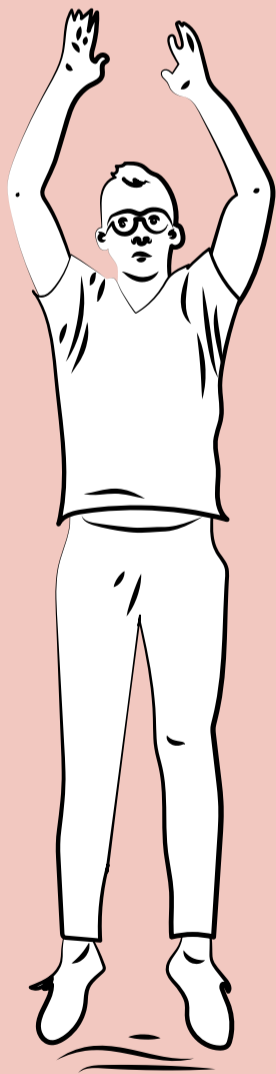
1) Sprællemand/Skihop



2) Lunges



3) Mountain climbers



4) Burpees



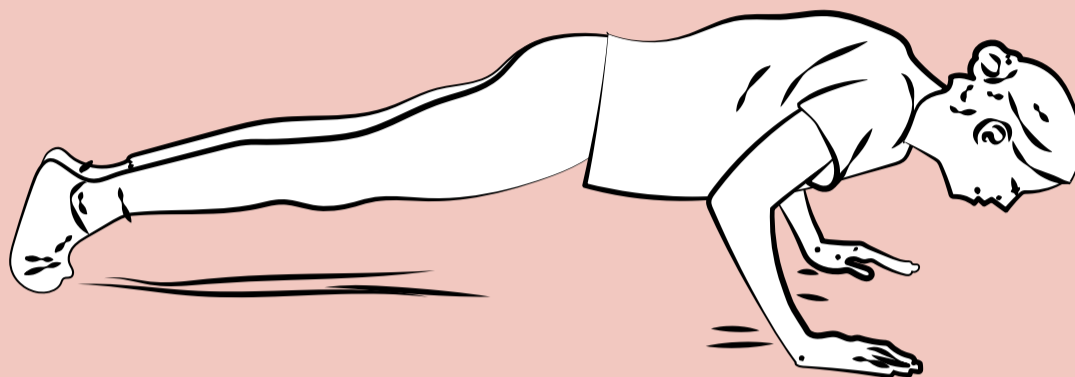
5) Squats/Jump-squats

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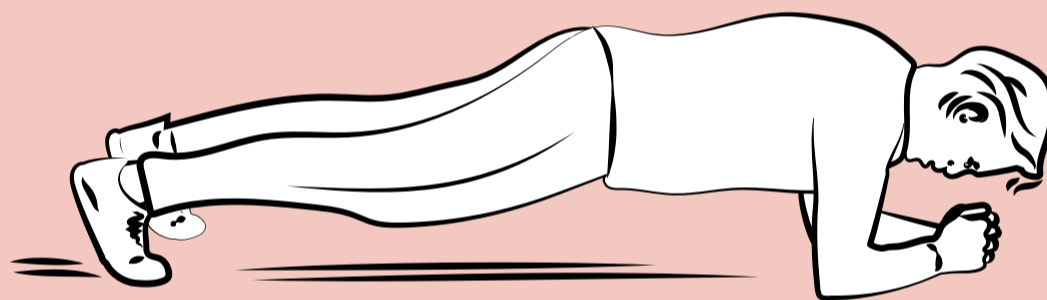
# Intelligent all-round træning



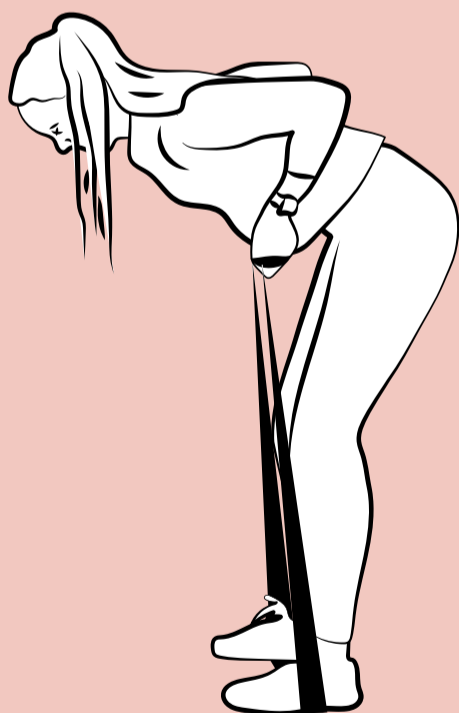
1) Knæbøj/squat med skulderpres



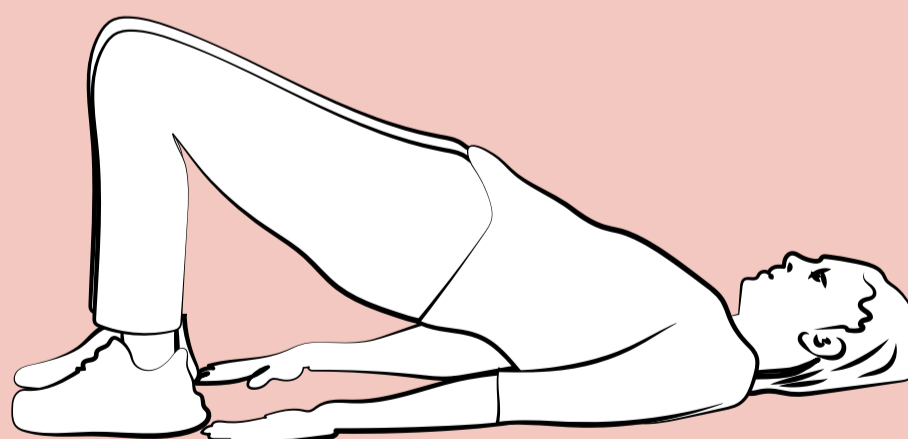
2) Brystpres/armbøjning



4) Planke



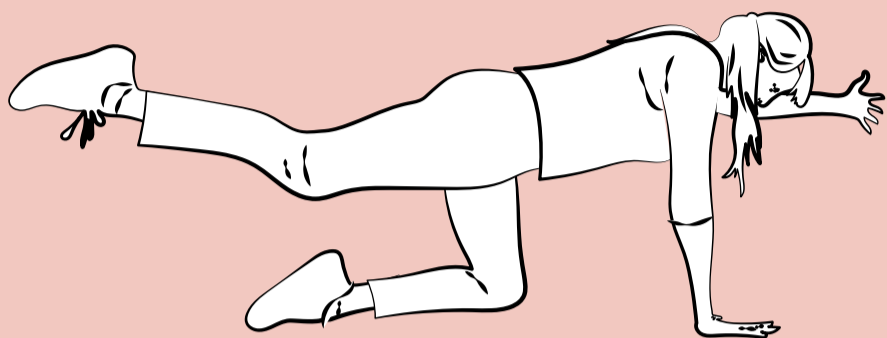
3) Træk til bryst



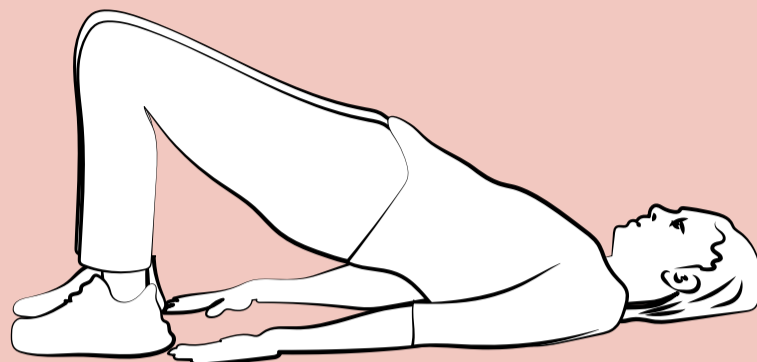
5) Bækkenløft

Se udførelsen af øvelserne her → [mitsdu.dk](https://mitsdu.dk)

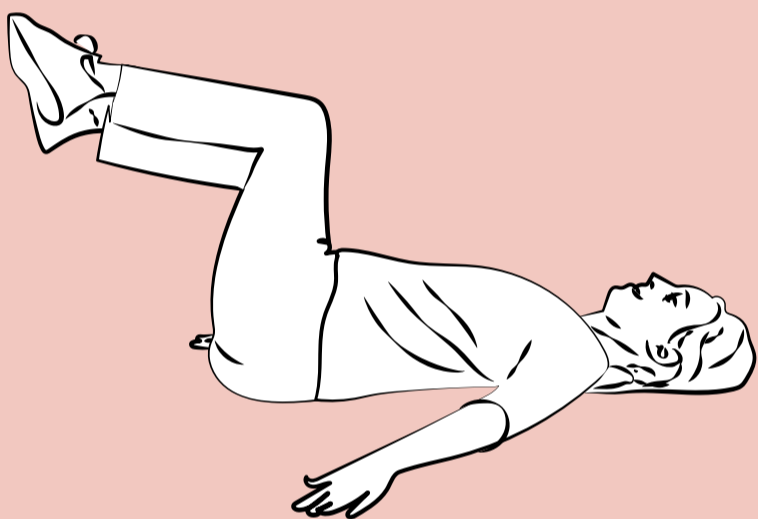
# Intelligent træning for lænderyggen



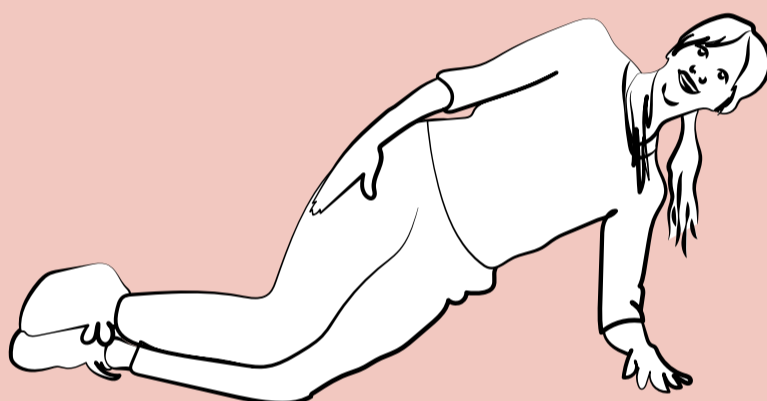
1) Firestående diagonalløft



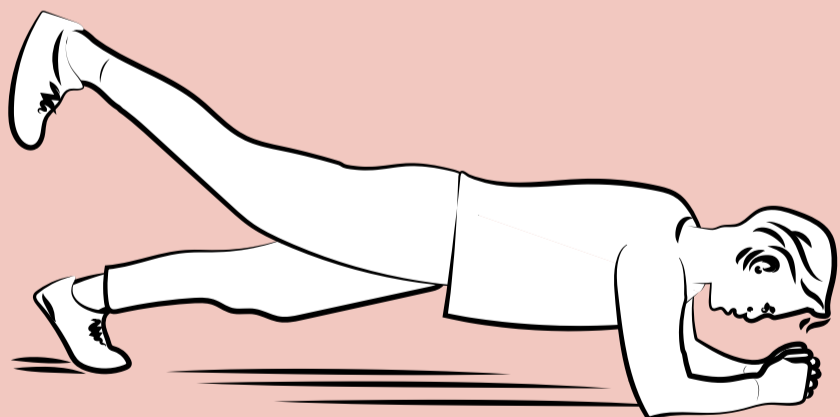
2) Bækkenløft



3) Underkropsdrejning



4) Sideplanke



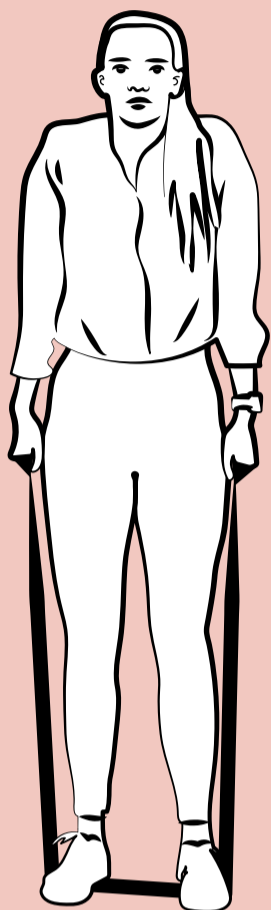
5) Alm. Planke



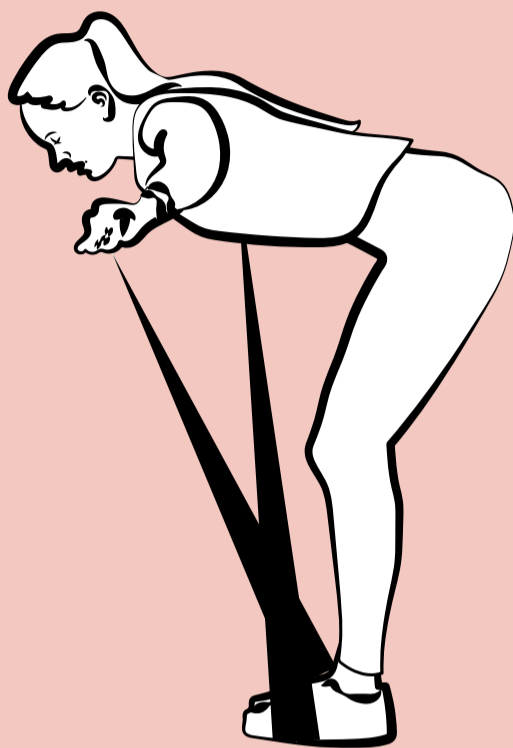
6) Knæbøj/squat med  
skulderpres

Se udførelsen af øvelserne her → [mitsdu.dk](https://mitsdu.dk)

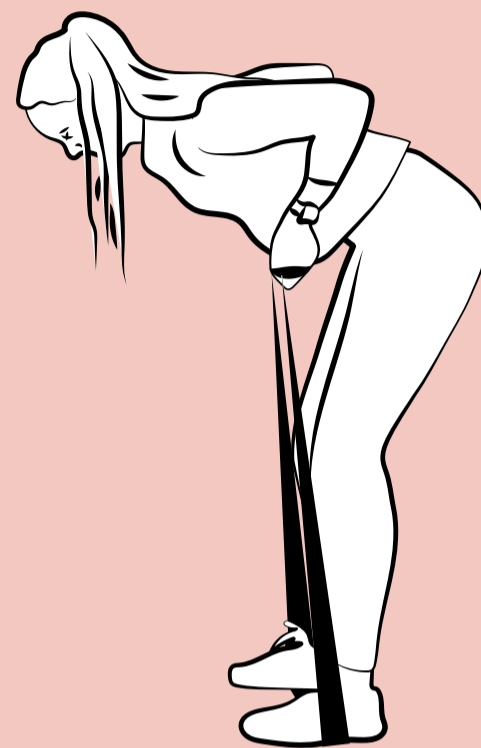
# Intelligent træning for nakke og skulder



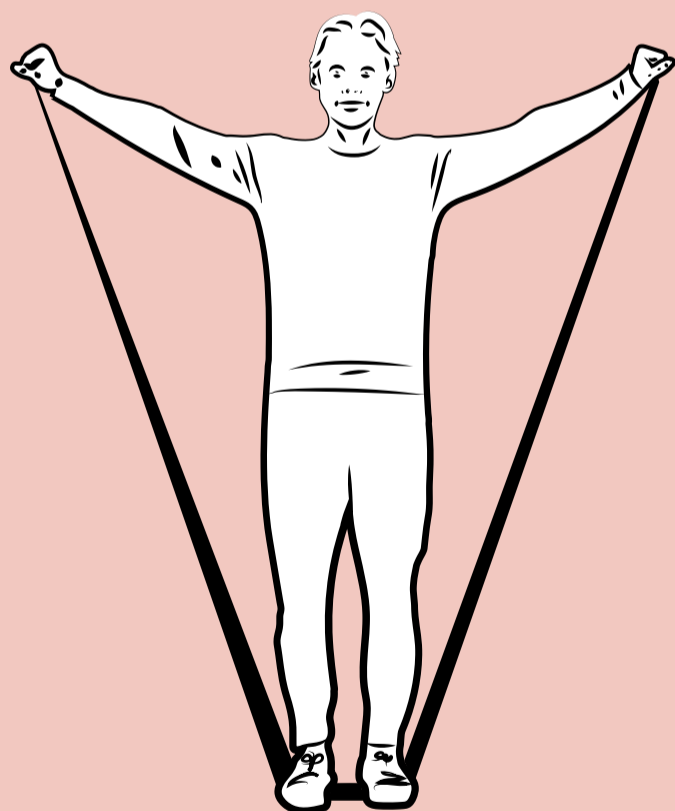
1) Skulderløft



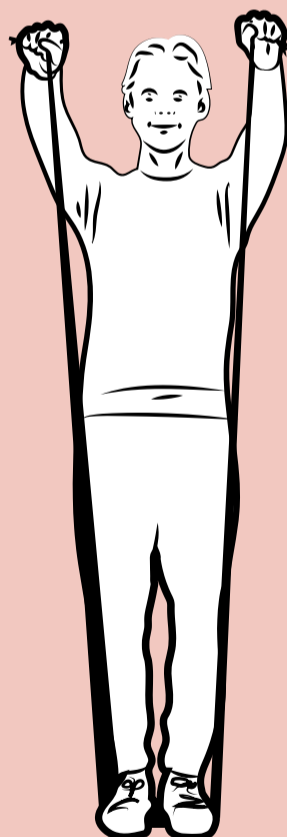
2) Foroverbøjet armløft/  
pull-apart



3) Træk til ryg



4) Armløft til siden



5) Armløft frem



6) Udretning  
af nakke

Se udførelsen af øvelserne her → [mitsdu.dk](https://mitsdu.dk)