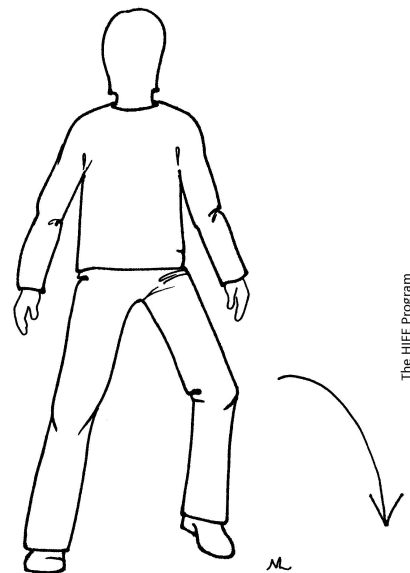


A7 – Side lunges

Instructions

Dose

3×25 wdh

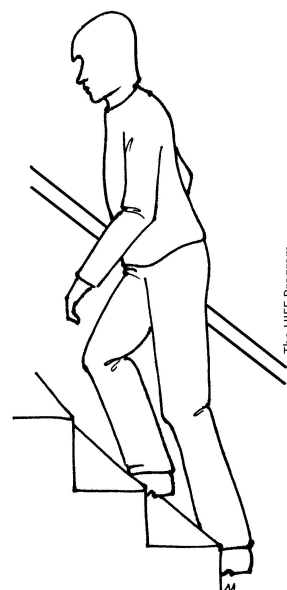


D6 – Stair-walk

Instructions

Dose

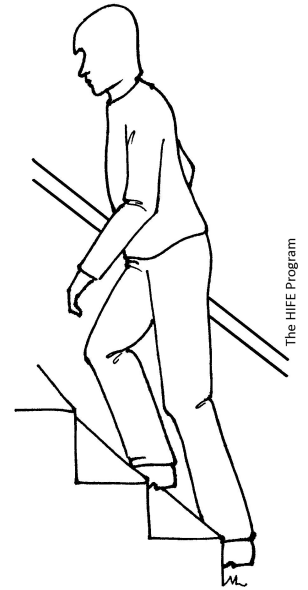
3×25 Stf



Instructions

Dose

3×25 Stf



A10 – Heel-raises

Instructions

Dose

3×25

