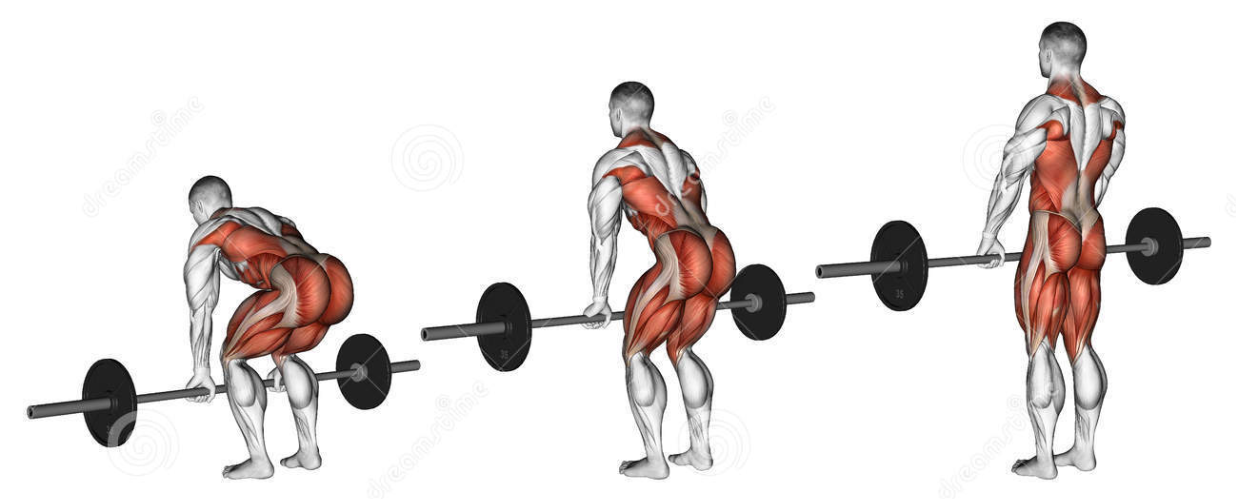
Pass 1:

Marklyft (3x6-8)



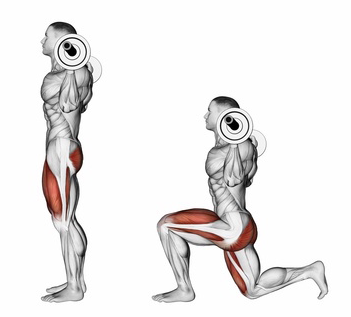
[Video](https://www.youtube.com/watch?v=op9kVnSso6Q)

Benböj (3x6-8)



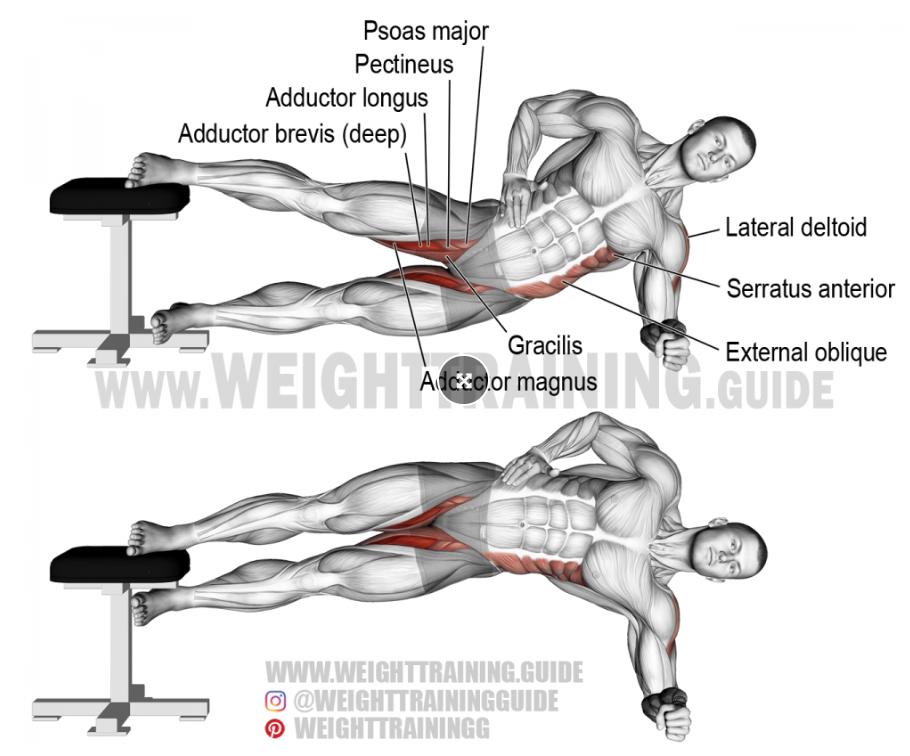
[Video](https://www.youtube.com/watch?v=ultWZbUMPL8)

Utfallssteg (3x6-8)



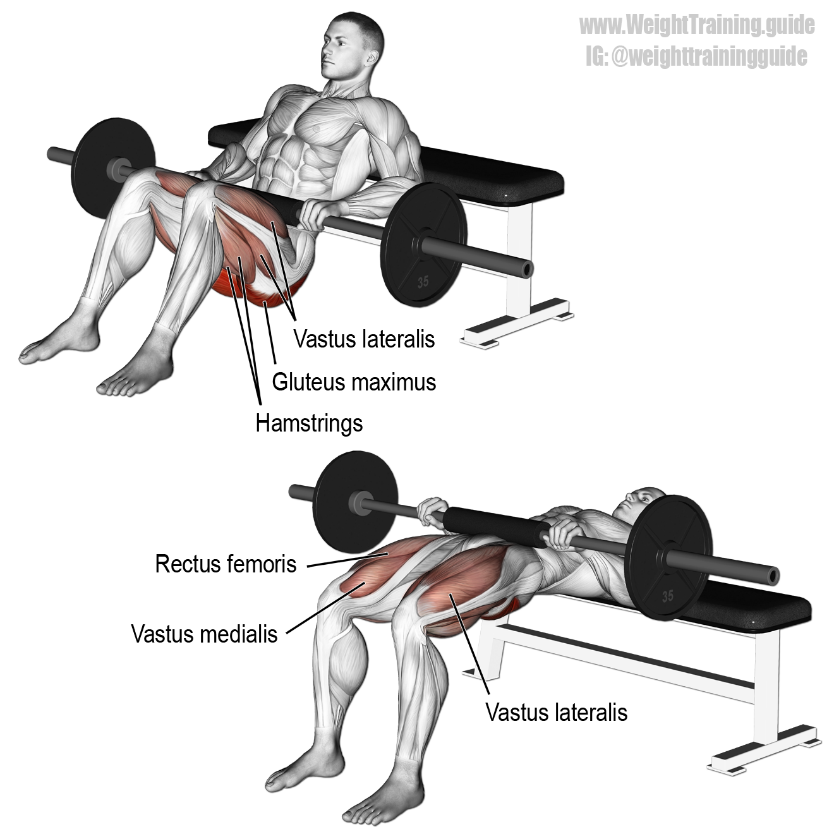
[Video](https://www.youtube.com/watch?v=ZPoMxOrIeO4)

Copenhagen adductor TRX (3x30s/ben)



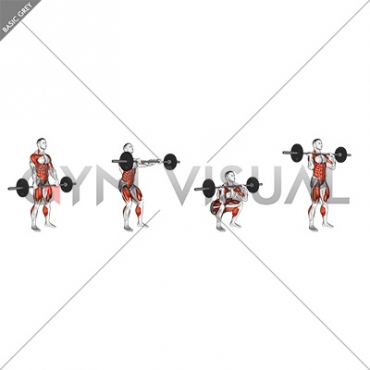
[Video](https://www.youtube.com/watch?v=ZFDTaOSxAiw)

Höftlyft (3x6-8)



[Video](https://www.youtube.com/watch?v=1hE7qMTwepM)

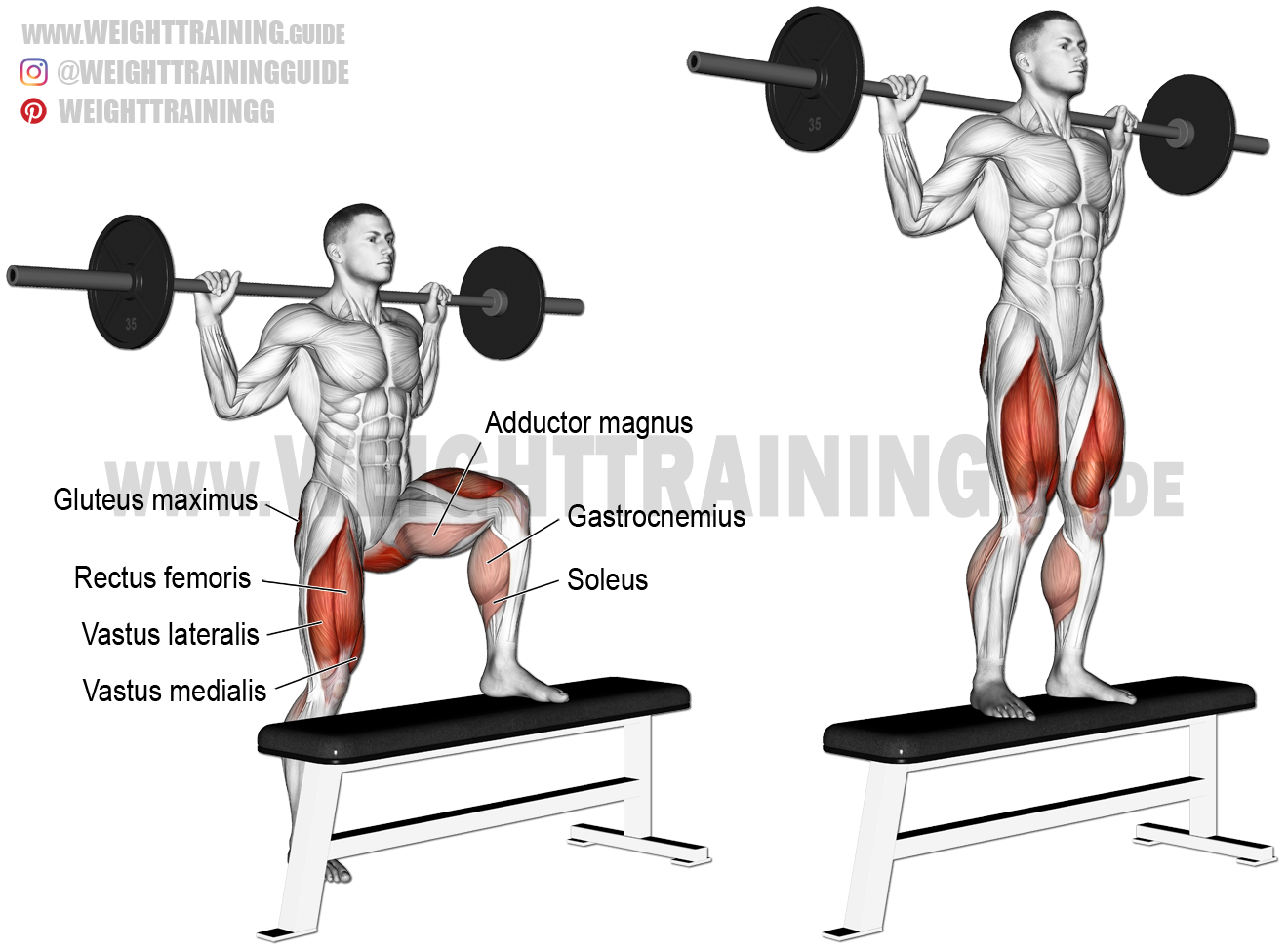
Hängvändning (3x6-8)



[Video](https://www.youtube.com/watch?v=TjTEOme9fvw)

Step up med stång på plyobox/bänk

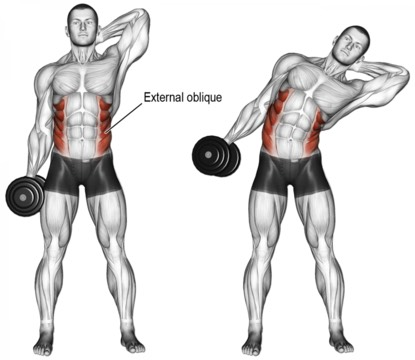
(3x6-8/ben)



[Video](https://www.youtube.com/watch?v=tLd-NuWg3wA)

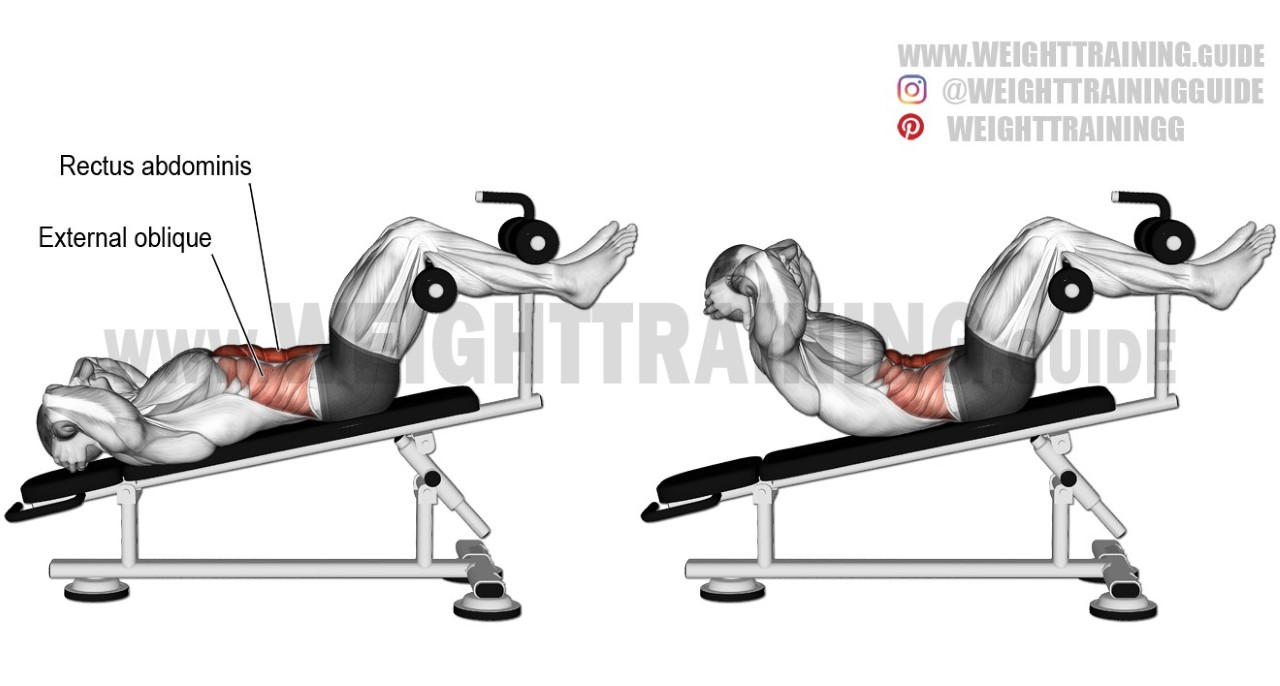
Pass 2:

Side oblique crunch (3x6-8 på varje sida)



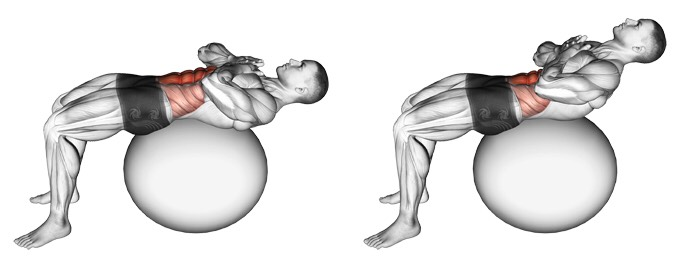
[Video](https://youtu.be/dL9ZzqtQI5c)

Situps i bänk (3x Max)



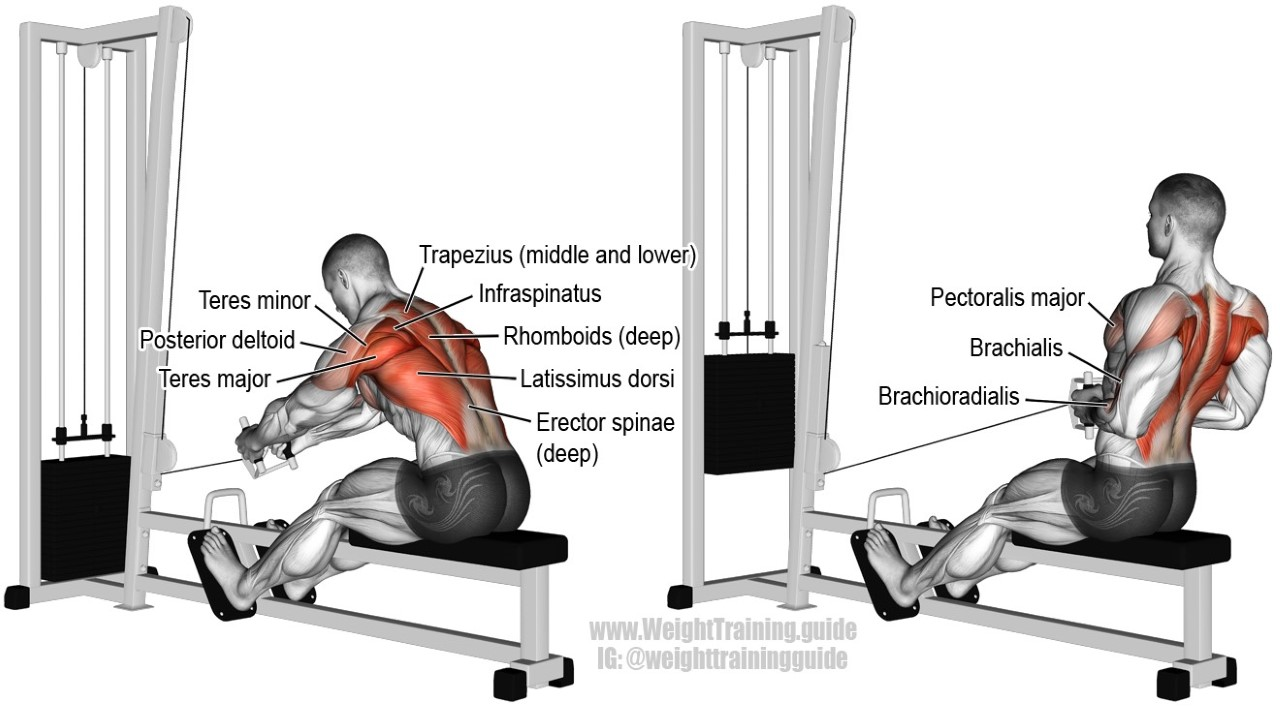
[Video](https://youtu.be/QhGU5cmNZds)

Sit up på pilatesboll (3x Max)



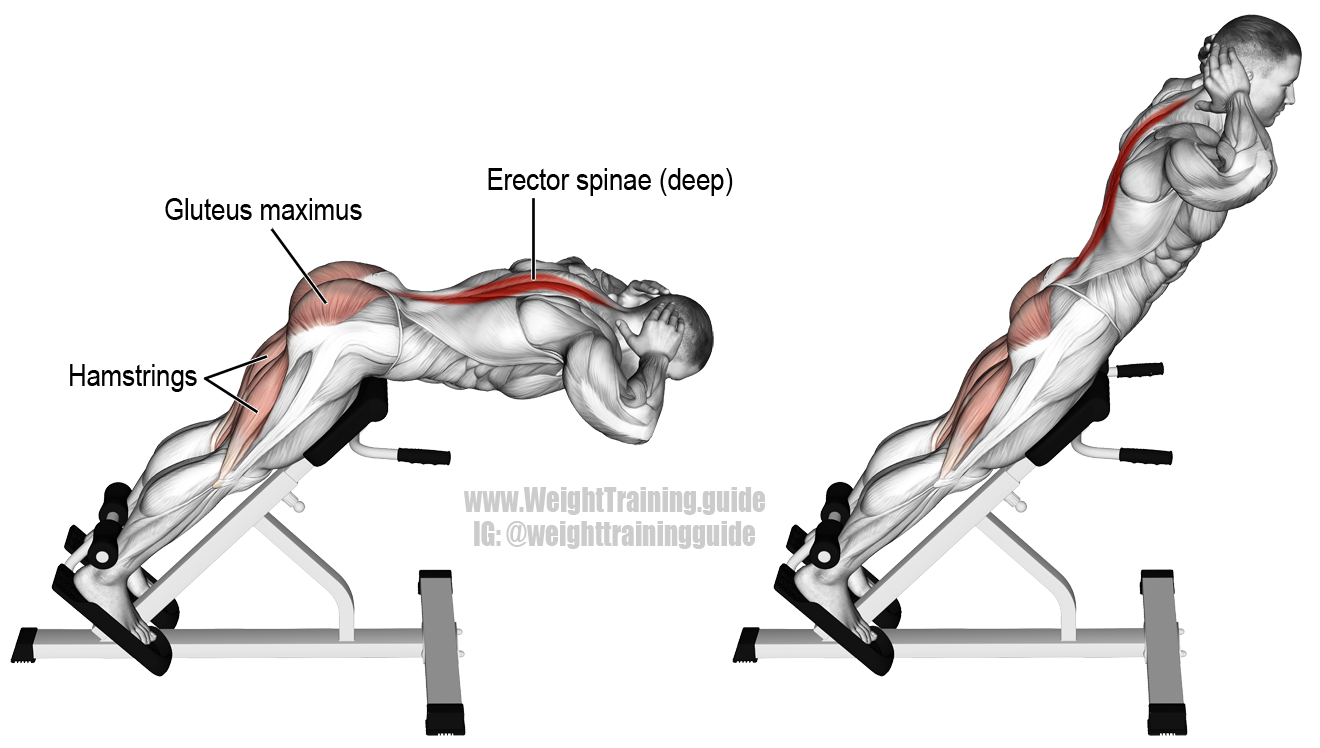
[Video](https://youtu.be/Imui46JTe7s)

Rodd i maskin (3x6-8)



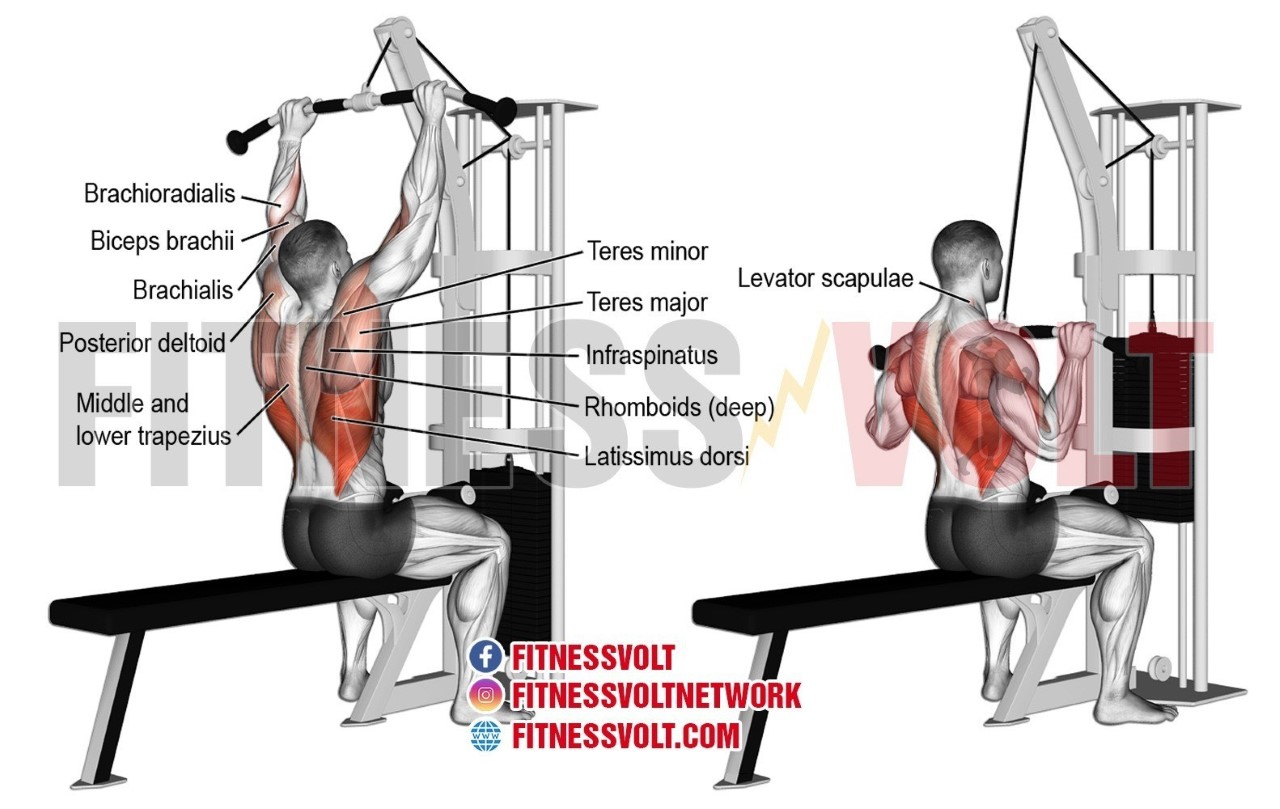
[Video](https://youtu.be/DZ0eN0RF2Jw)

Rygglyft i bänk (3x max)



[Video](https://youtu.be/ph3pddpKzzw)

Latsdrag (3x6-8)



[Video](https://youtu.be/AOpi-p0cJkc)