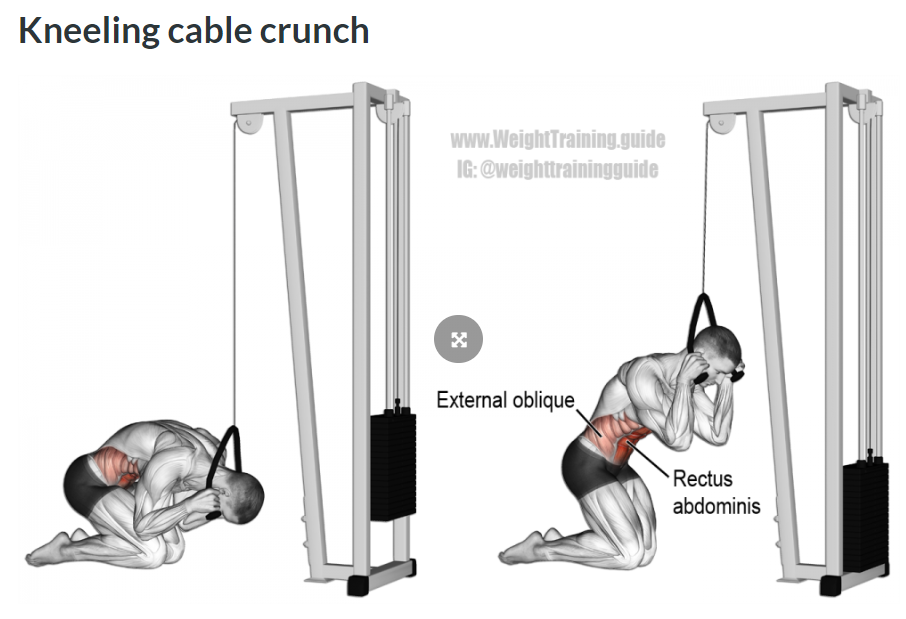
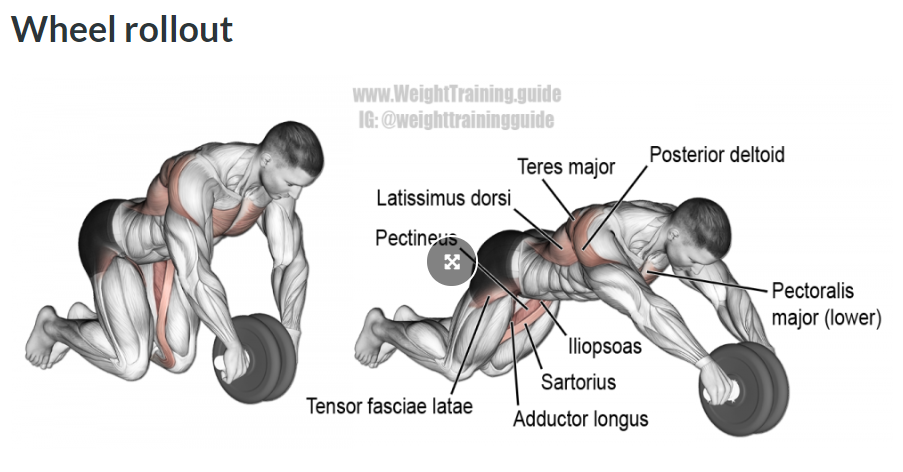
# Alternativa övningar mage:

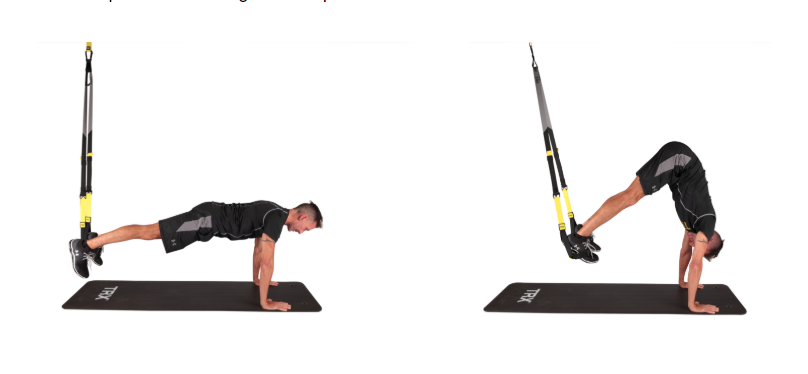


[Instruktionsvideo](https://www.youtube.com/watch?v=NJQROeaBiVE)



[Instruktionsvideo](https://www.youtube.com/watch?v=IQYh0vB5X6c)

TRX pikstående



[Instruktionsvideo](https://www.youtube.com/watch?v=HMkA7f-4wAs)