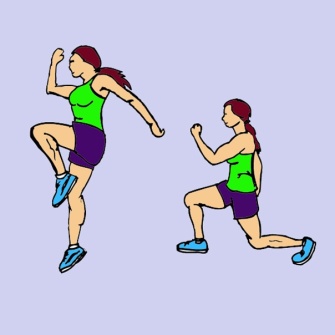
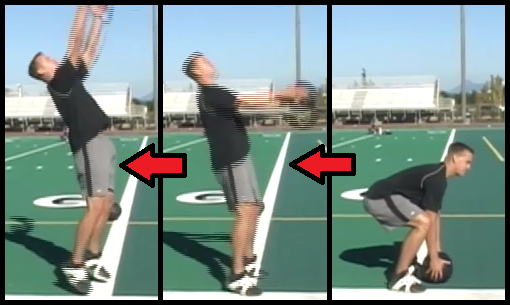
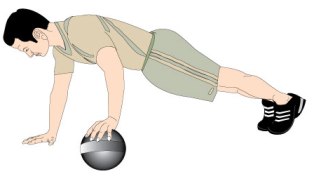
 3\*6/ ben

 3\*6 Snabbt tillbaka i utfallsposition/ Hoppa direkt över två häckar efter varje set.

[](http://www.google.se/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=ZTMGLwySIAFOjM&tbnid=DYwWebwgIaiHfM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.football-tutorials.com%2Ffootball-specific-strength-medicine-ball-workout%2F1292%2F&ei=qhioU8mhNaO6ygPd0YKwCQ&bvm=bv.69411363,d.bGQ&psig=AFQjCNF4oO3SdbSUZYBi1vjYSuIJxM--2g&ust=1403611681441927) 3\*10 st

[](http://www.google.se/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=CvZFNVp_g76XAM&tbnid=n4HeAeiZGiOyOM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.exercisegoals.com%2Fmedicine-ball-exercises.html&ei=yRioU6KyPOuGywOO74GwDA&bvm=bv.69411363,d.bGQ&psig=AFQjCNF4oO3SdbSUZYBi1vjYSuIJxM--2g&ust=1403611681441927) 3\*8 höger och vä, kliv över från sida till sida

[](http://www.google.se/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=VidMfLTUTYviBM&tbnid=Cme2ugTMEQaoFM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.dieselcrew.com%2Fexplosive-medicine-ball-training-for-speed-and-power-development&ei=NxmoU9KQH8S6ygPL6oGABg&bvm=bv.69411363,d.bGQ&psig=AFQjCNF4oO3SdbSUZYBi1vjYSuIJxM--2g&ust=1403611681441927) [](http://www.google.se/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=VidMfLTUTYviBM&tbnid=Cme2ugTMEQaoFM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.dieselcrew.com%2Fexplosive-medicine-ball-training-for-speed-and-power-development&ei=bhmoU4LTD6qAywPM4oAo&bvm=bv.69411363,d.bGQ&psig=AFQjCNF4oO3SdbSUZYBi1vjYSuIJxM--2g&ust=1403611681441927) explodera 3\*6

Frivändningar, Obs ! bra teknik inte för tungt.

[](http://www.google.se/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&docid=POpgNG6rsC6DWM&tbnid=0qWPYowTtkZmkM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.menshealth.co.uk%2Ffitness%2Fsports-training%2Fbest-medicine-ball-moves&ei=0BmoU47dCKW8ygO1lICoAw&bvm=bv.69411363,d.bGQ&psig=AFQjCNF4oO3SdbSUZYBi1vjYSuIJxM--2g&ust=1403611681441927)

3\*8 st kasta bollen hårt i marken