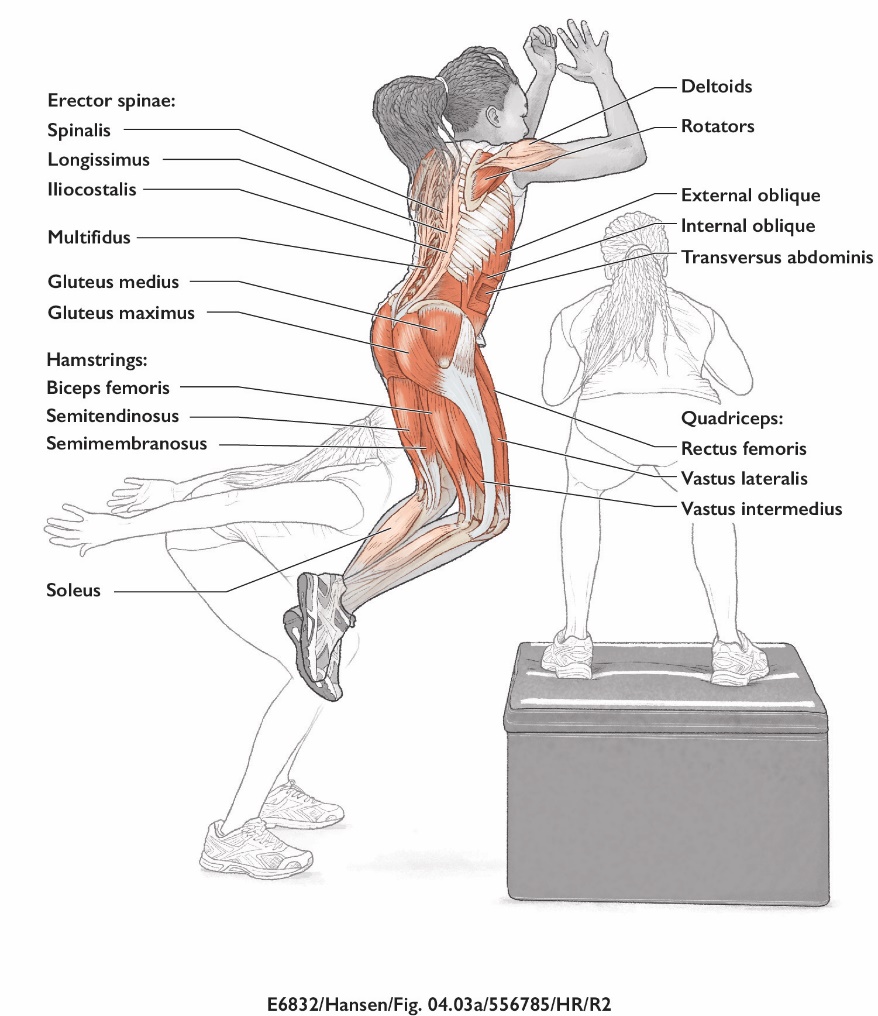
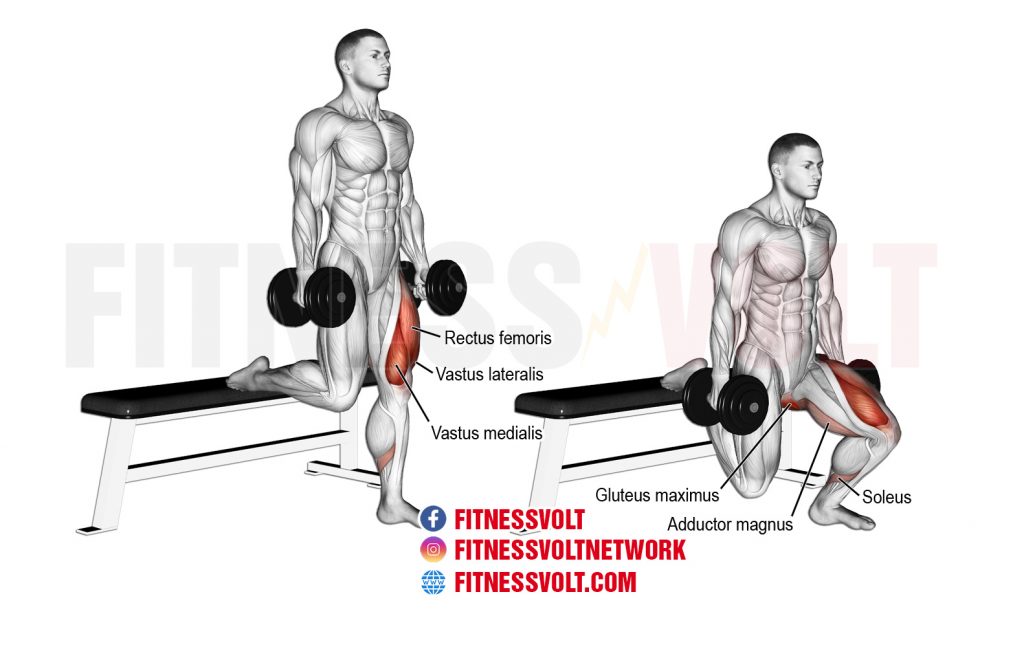
Boxjump (3 x max)



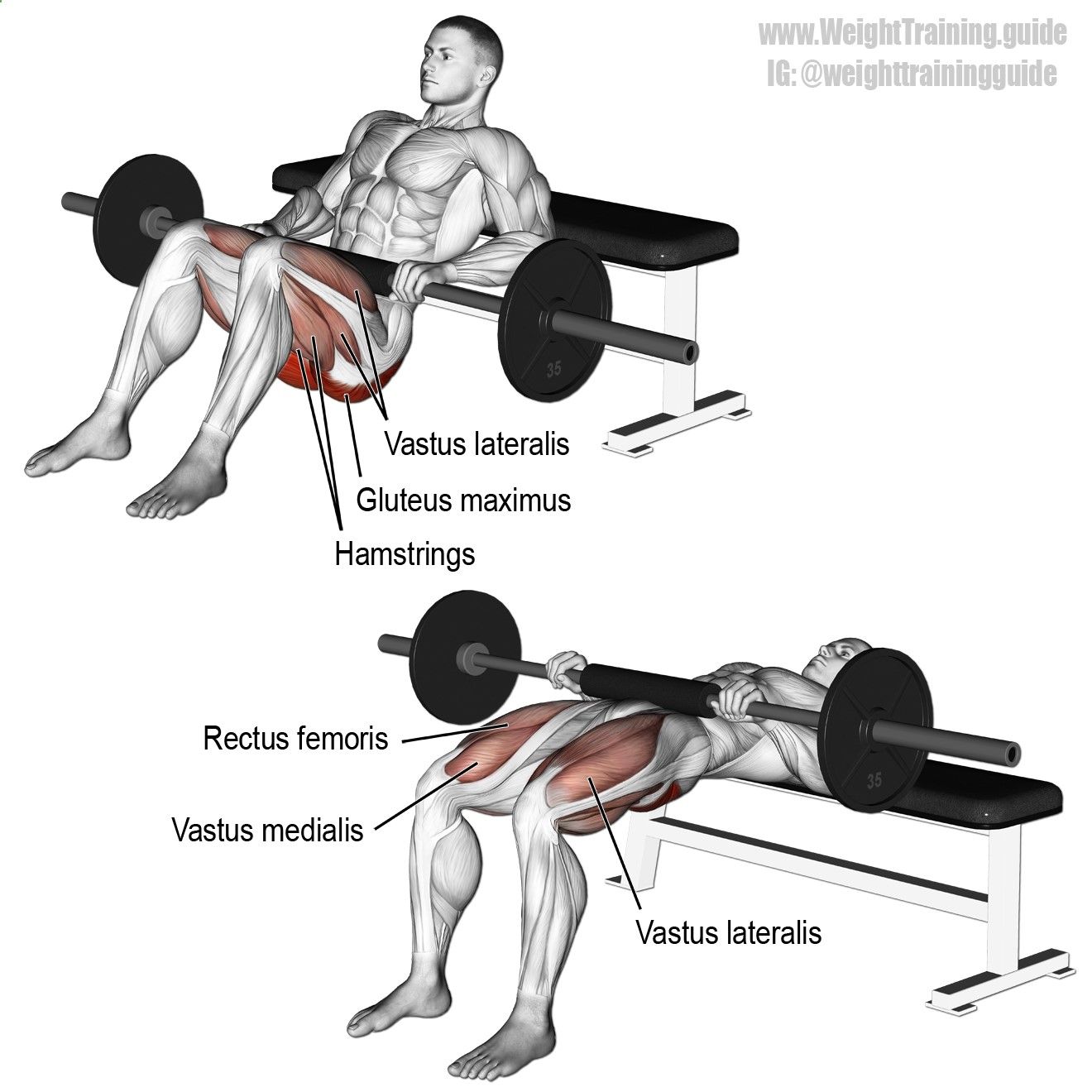
[Instruktionsvideo](https://www.youtube.com/watch?v=hxldG9FX4j4&t=99s)

Bulgarian split jumps (3x max på varje ben)



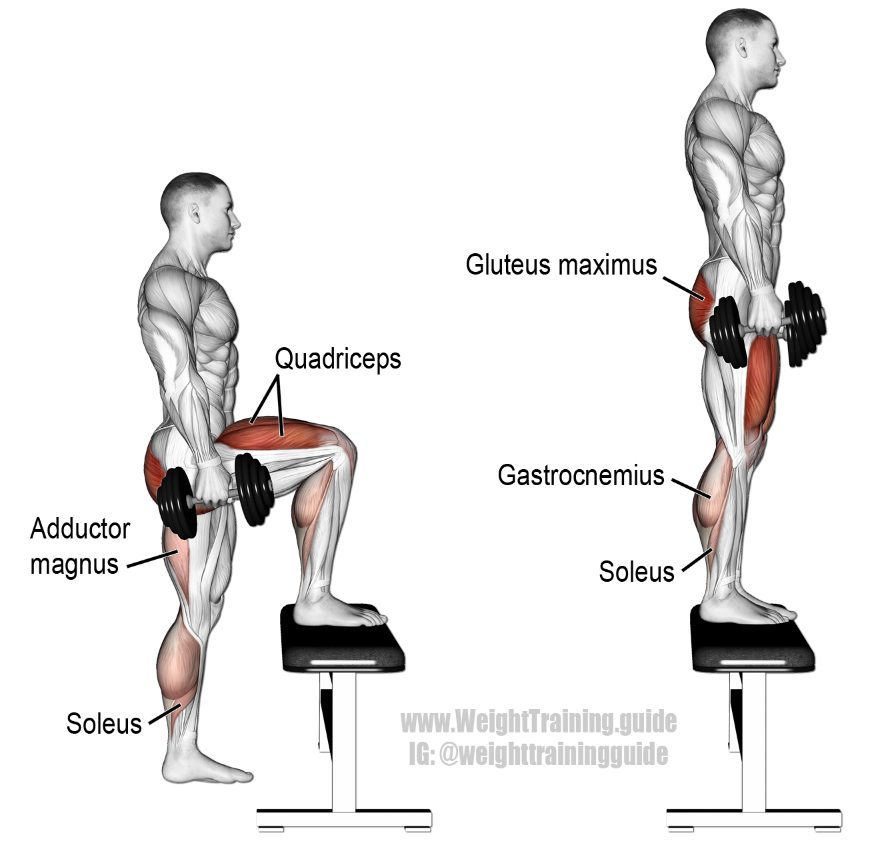
[Instruktionsvideo](https://www.youtube.com/watch?v=z_0Uf9HPvtk)

Höftlyft (3x6-8 med stång eller i maskin)



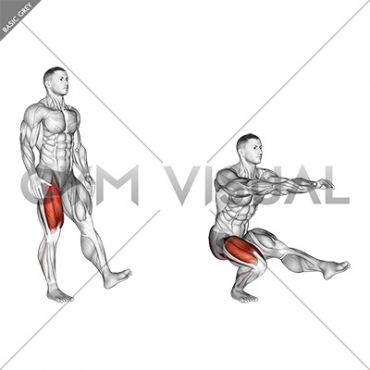
[Instruktionsvideo](https://www.youtube.com/watch?v=pUdIL5x0fWg)

Step up hopp (3 x 30 sekunder)



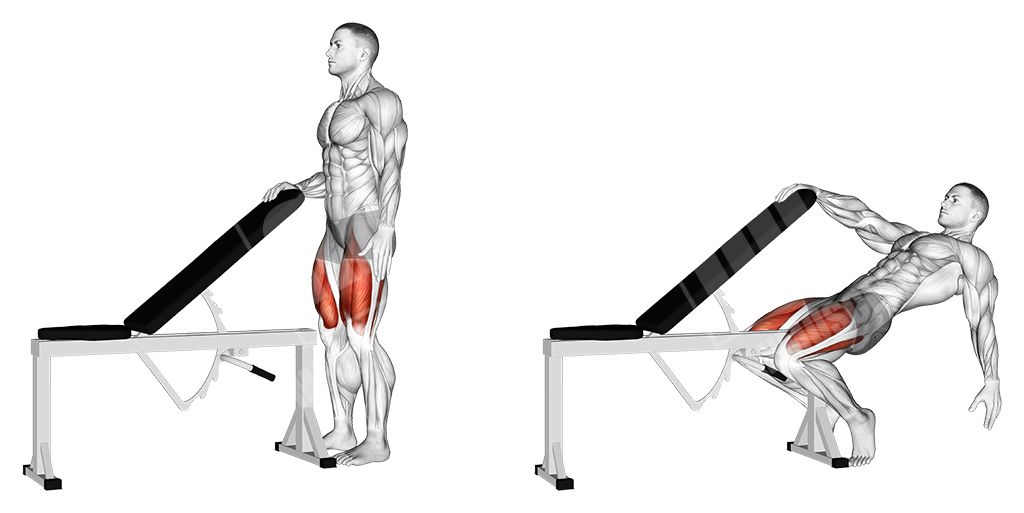
[Instruktionsvideo](https://www.youtube.com/watch?v=-aYZMcgrxYA)

Enbens benböj (3 x max per ben)



[Instruktionsvideo](https://www.youtube.com/watch?v=1-Yuq9pD7JY)

Sissy squats (3x max)



[Instruktionsvideo](https://www.youtube.com/watch?v=VUiFlZ2FsKA)