

SUNDSVALL HOCKEY



Uppvärmning: 20sekunder/övning

Pass: 40 sekunder per övning. Vila 10 sekunder.

Kör 3 varv

1: Mountin Climbers



2: Rysk rotation



3: Armhävningar



4: Utfallshopp



5: Sprattel-ligg på mage



6: Skridskohopp



7: Omvänd Burpie



8: Triceps































9: "Båten"- magövning



10: Burpees



Stretching

  ref2 10 seconds each side 1/14	  ref3 20 seconds 2/14	  ref30 times 5 seconds each one 3/14	  ref43 15 times each hand clockwise and counter clockwise 4/14
  ref31 15 seconds each arm 5/14	  ref21 30 seconds each leg 6/14	  ref34 30 seconds each leg 7/14	  ref19 10 seconds each arm 8/14
  ref20 20 seconds 9/14	  ref27 30 seconds 10/14	  ref6 30 seconds 11/14	  ref22 15 seconds each side 12/14
  ref18 15 times each foot clockwise and counter clockwise 13/14	  ref15 20 seconds each leg 14/14		