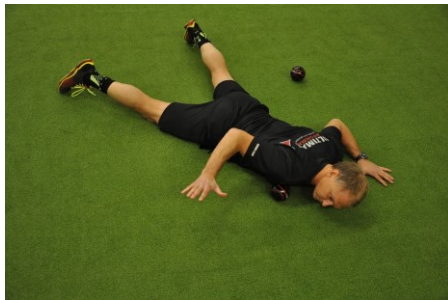


DYNAMIC WARMUP – ALPINE RACING 2015

ROLLOUTS

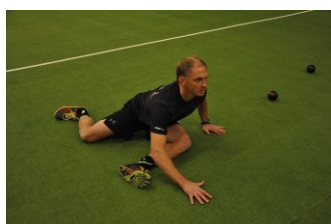




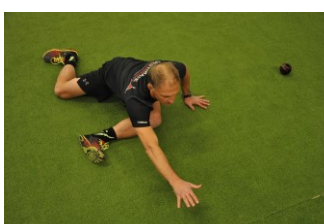
MOBILITY/FLEXIBILITY



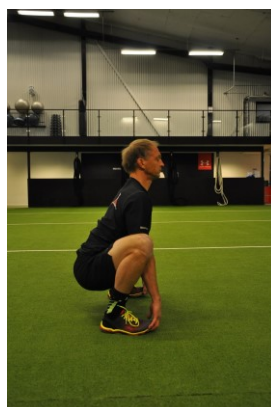
SPRINTERSTART



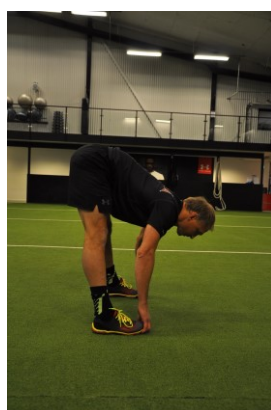
90/90 REACH



HAMSTRING/LEG EXTENSION



SUMOSQUAT



ULTIMATE PERFORMANCE



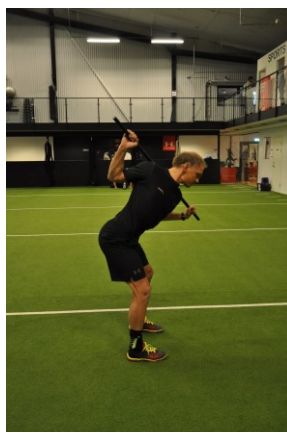
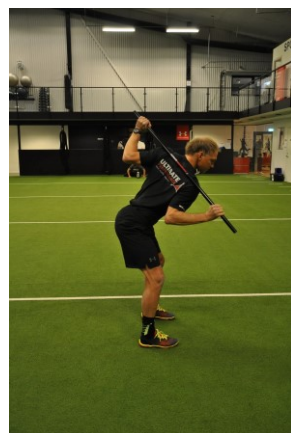
Stark, snabb och skadefri!



SKATING SUPPORTED

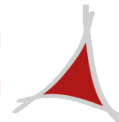


SPIDERCRAWL



STÅENDE ROTATION

ULTIMATE PERFORMANCE



Stark, snabb och skadefri!



ELBOW 2 INSTEP MATRIX

MUSCLE ACTIVATION

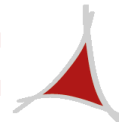


SUPERSLOWMOTION WALK



MINIBAND HIPBRIDGE

ULTIMATE PERFORMANCE



Stark, snabb och skadefri!



AIR FEET

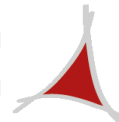


ORIGINAL LUNGES



MINIBAND WALK

ULTIMATE PERFORMANCE



Stark, snabb och skadefri!



INCHWORM + MINIBAND PUSHUP



BIG L