

Set pause: 0

SUPERSET

Head rolls

Arm cirkels

Hip cirkels

Knee cirkels

Wide knee cirkels

Squat buddha prayers

Squat bows

Dynamic squats

Straight leg calves raises

Scapula push ups

Overhead straight arm pull down (band)

Whip it (band)

shoulder dislocations (band)

1

10-12 repetitions