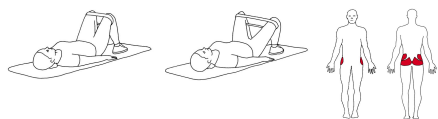
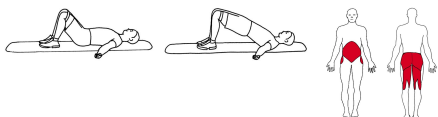


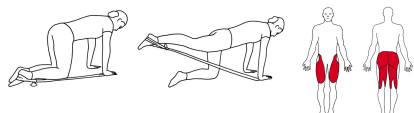
Eksempler/ øvelser som aktiverer setemusklene. Aktiver og styrk setemusklene!



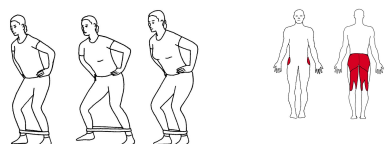
1. Utøverføring av kne m/ strikk



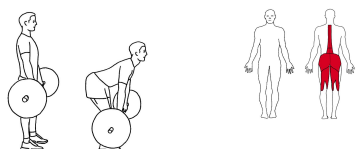
2. Glute bridge m/miniband



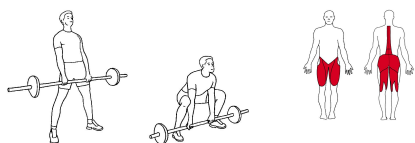
3. Fraspark med strikk



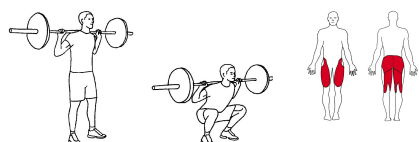
4. Sideveis gange m/miniband rundt ankel



5. Rumensk markløft 2



6. Markløft m/bred benstilling



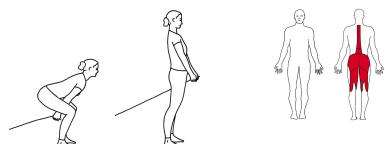
7. Knebøy med vektstang



8. Hip thrust på benk m/vektstang



9. Glute bridge m/strikk



10. Pull through m/strikk

