

# Örningar

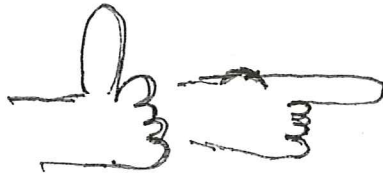
10-15 min hver dag

## Korsgång



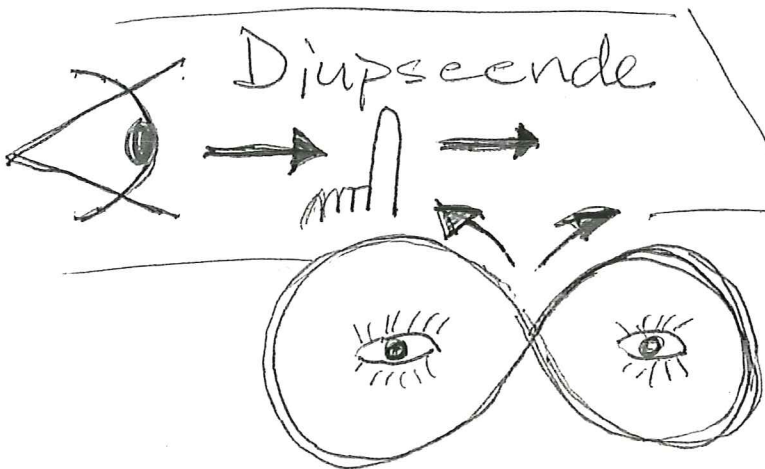
framför /  
bakom

2 st diagonaler



Thumme  
pekfinger

finger övning  
(assymetrisk)

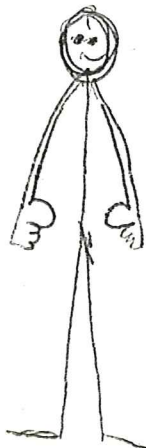
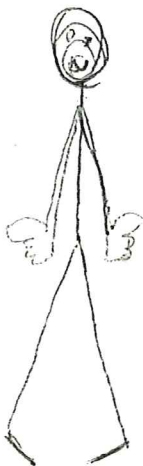


Diupseende

Liggande

∞:or

alltid uppåt i mitten



Lätt hopp!  
tar inåt  
tummar utåt!