

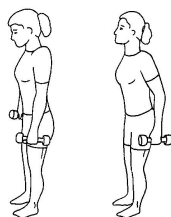
# RG Aktiv Rehabilitering

## 7 minutes Tabata Workout

Av: Ulla Löfqvist



### Rullstol



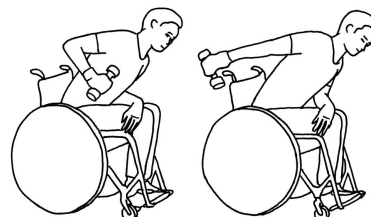
#### 1. Axelrullning

En färdig spellista finns på Spotify med inspelad musik: 7 Minutes Tabata Workout.

Du jobbar i intervaller på 30 sek och vilar 10 sek.

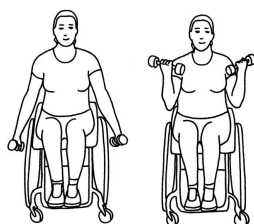
Om du har tillgång till hantlar så använd gärna dom i passet.

Om du vill köra tuffare pass kör två varv.



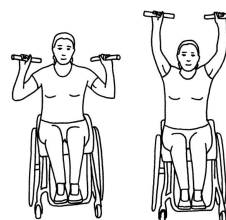
#### 2. Triceps

Kör med en arm i taget eller båda samtidigt.



#### 3. Biceps

Kör en arm i taget eller båda samtidigt.



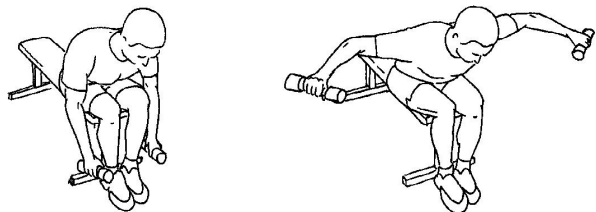
#### 4. Axelpress



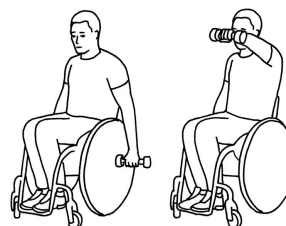
# RG Aktiv Rehabilitering

7 minutes Tabata Workout

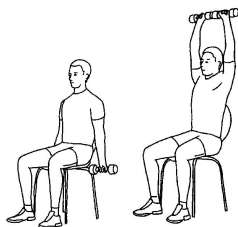
Av: Ulla Löfqvist



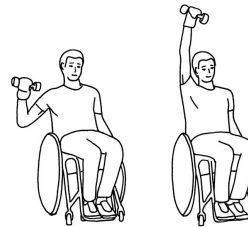
5. Hantellyft



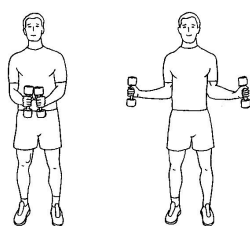
6. Enarms fronthäv



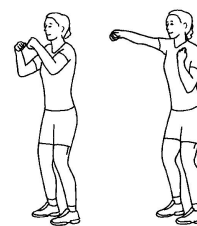
7. Arnoldpress med biceps curl



8. Enarms axelpress



9. Axelrotation utåt



10. Boxning

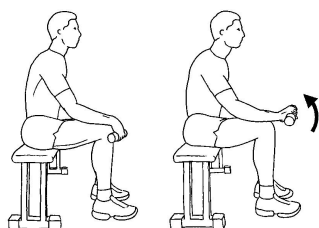
Raka gärna dubbla slag.



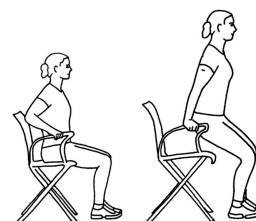
# RG Aktiv Rehabilitering

7 minutes Tabata Workout

Av: Ulla Löfqvist



11. Handledscurl



12. Dips

