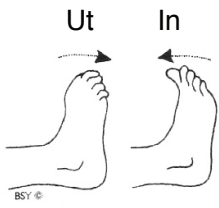




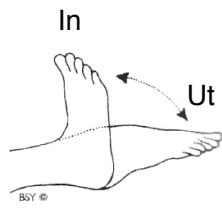
GRUNDKURS

Program 1 - Antireumatiska serien

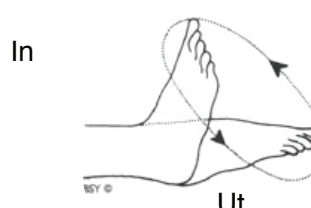
In-sträck,
Ut-böj



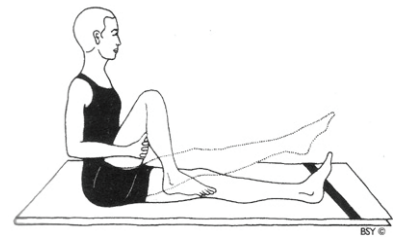
Practice 1



Practice 2



Ut



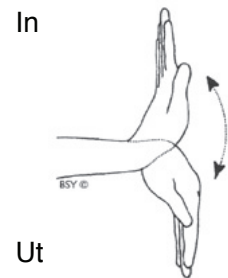
In-upp, Ut-ned



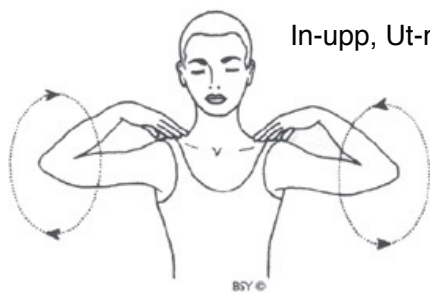
In



Ut

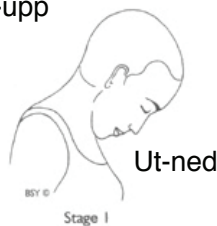


Ut



In-upp, Ut-ned

In-upp



Stage 1

Ut-vrid, In-tillbaka



Stage 3



Stage 4

Ut-ned, In-tillbaka

