

10 KORTE TRÆNINGSPROGRAMMER

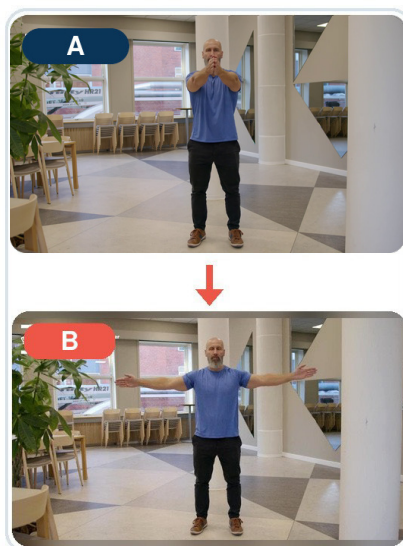
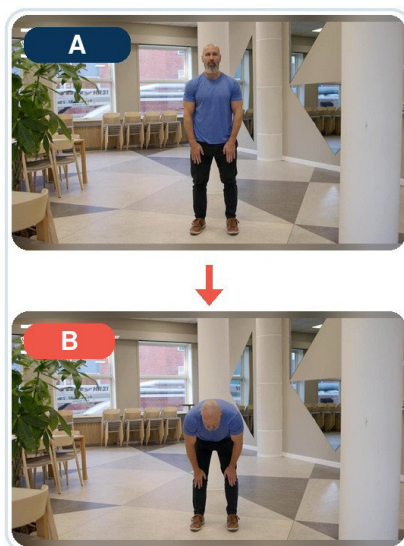
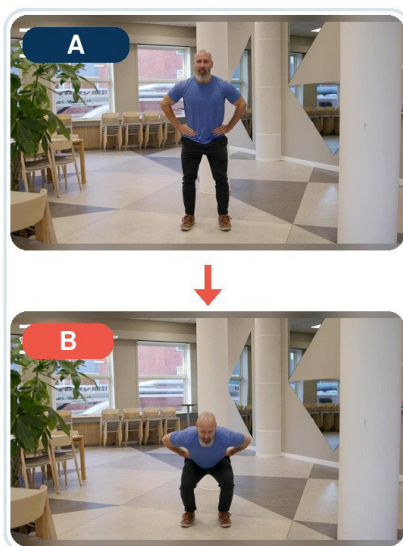
2 MINUTTERS SMÅØVELSER PÅ ARBEJDSPLADSEN



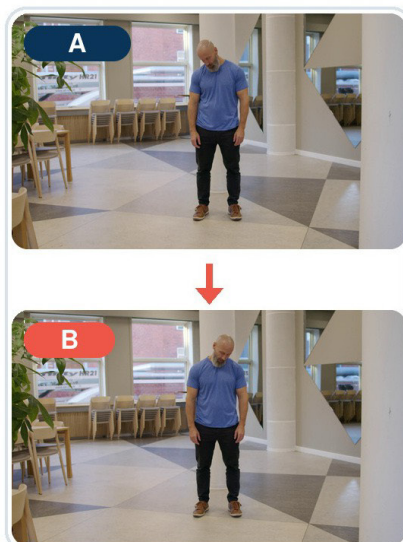
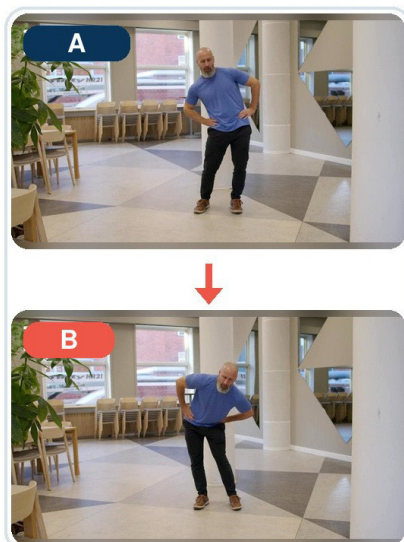
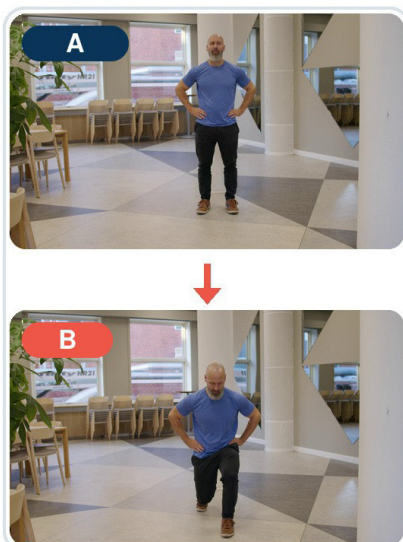
VIDEOER

UDEN TRÆNINGSELASTIK

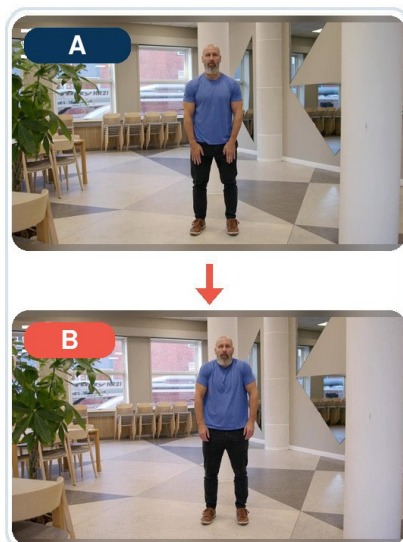
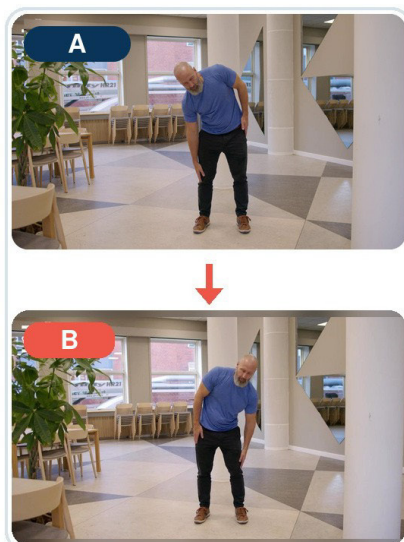
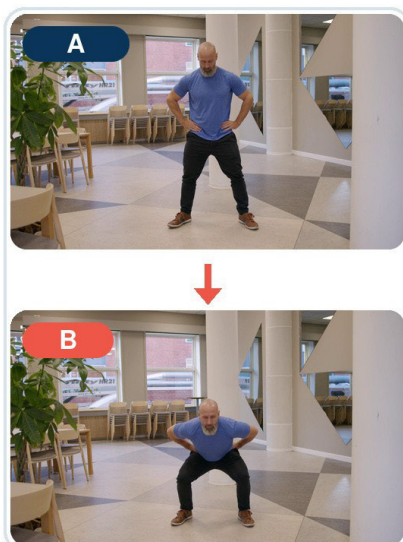
1 Squats Rygbøjning Skulderbladsklem



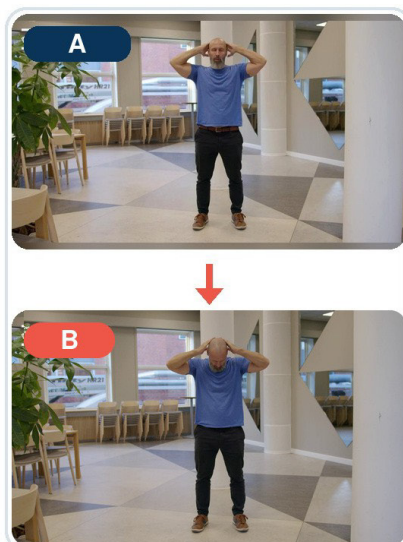
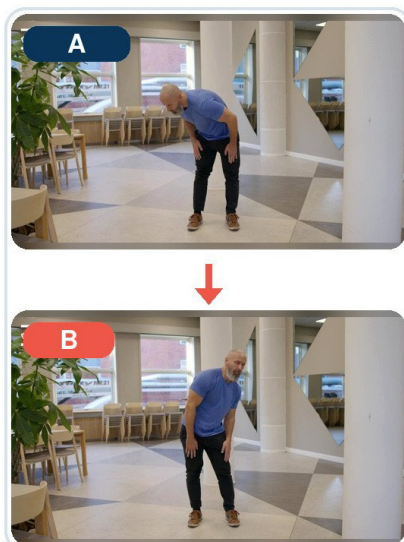
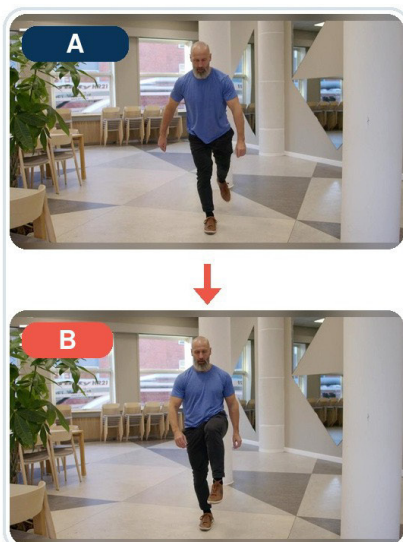
2 Lunges Rotér hofterne Nakkerul



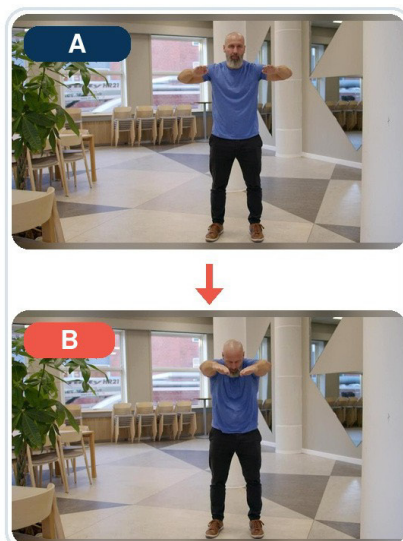
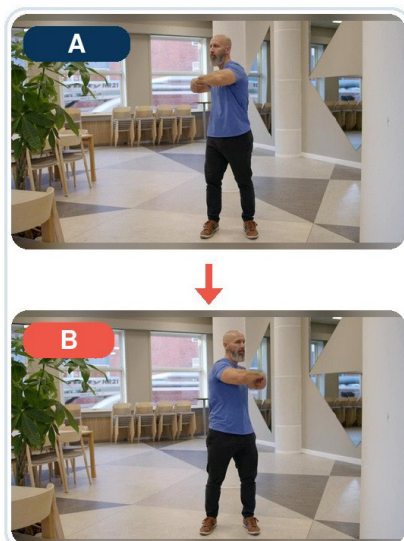
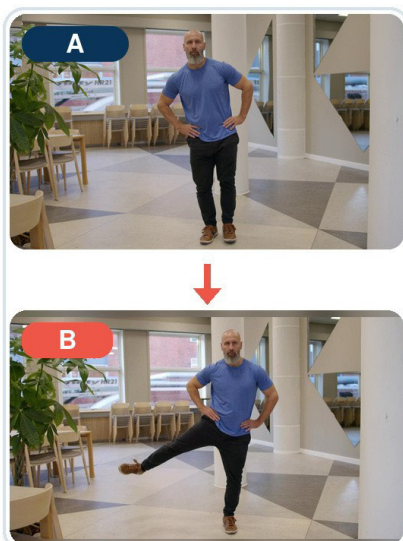
3 Sumo squats Sidebøjning Skulderløft



4 Spark Pendulet Nakkepres

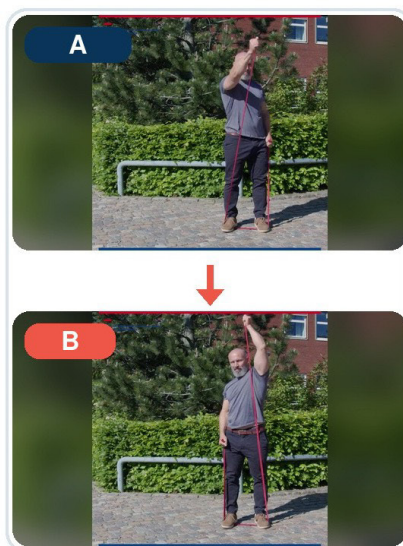
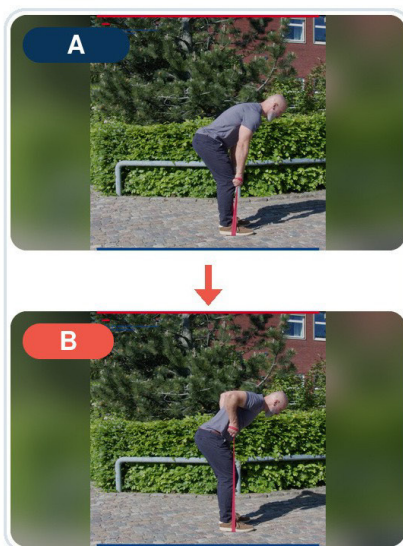
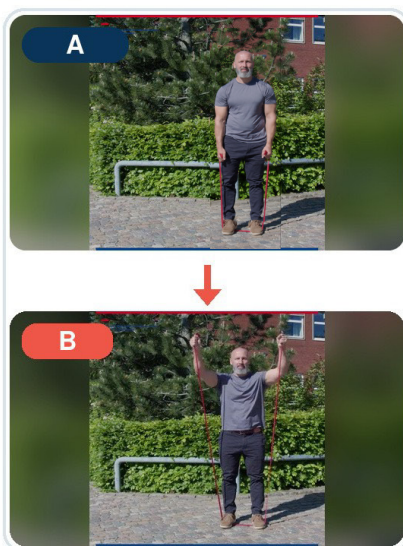


5 Hundetisseren Rotation i ryggen Butterfly

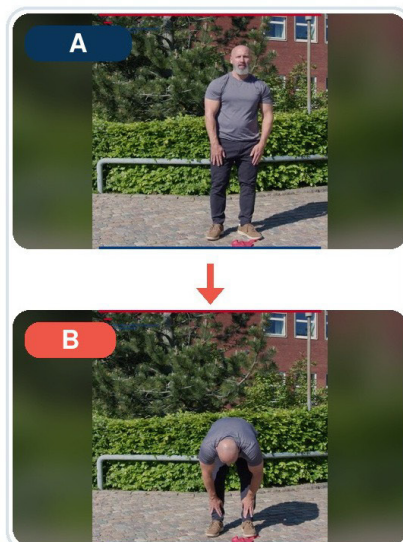
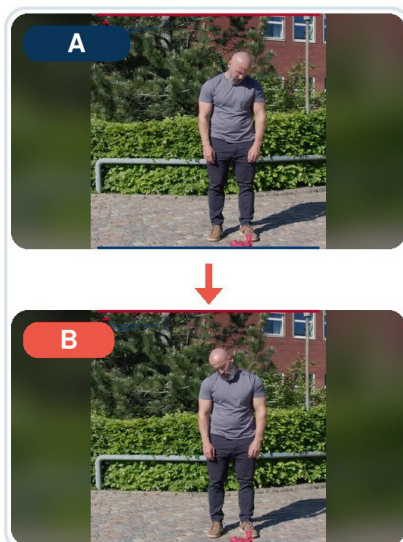
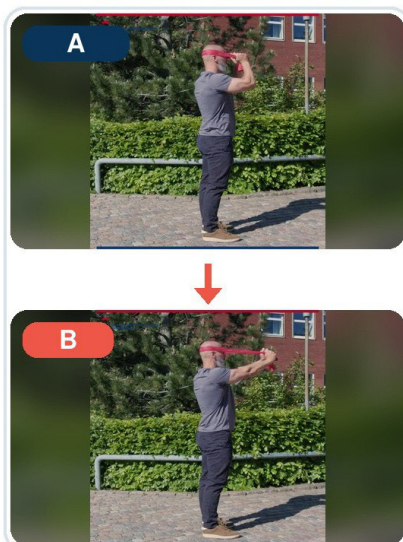


MED TRÆNINGSELASTIK

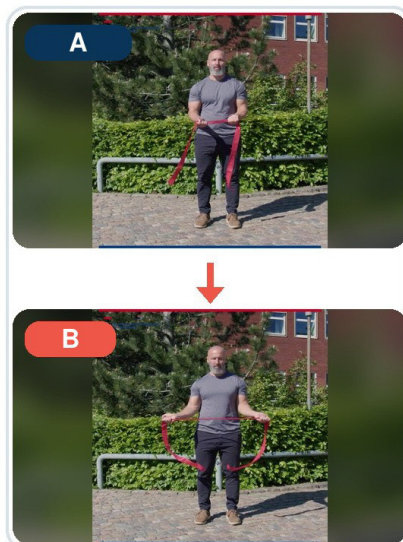
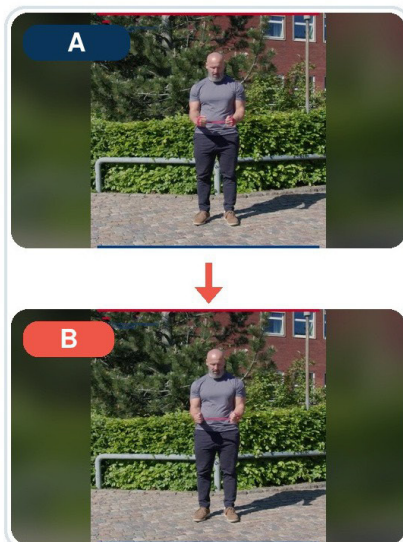
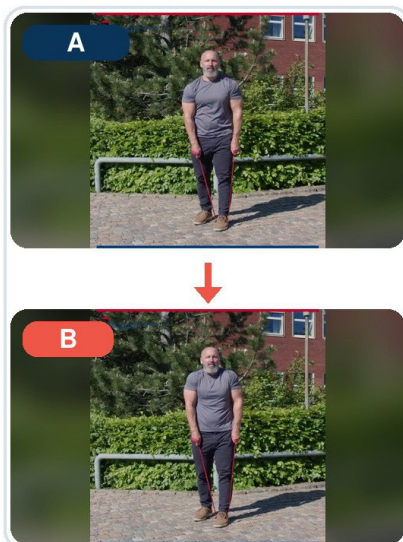
6 Armløft Stående roning 1-Armløft



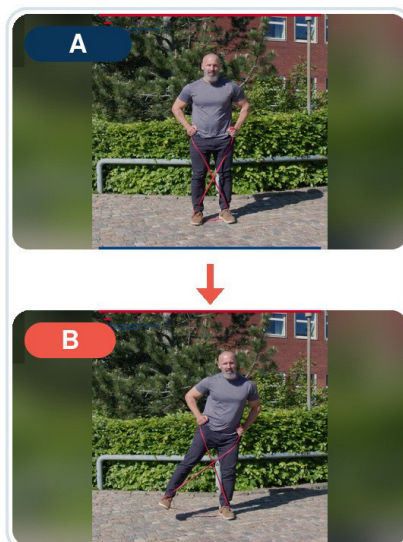
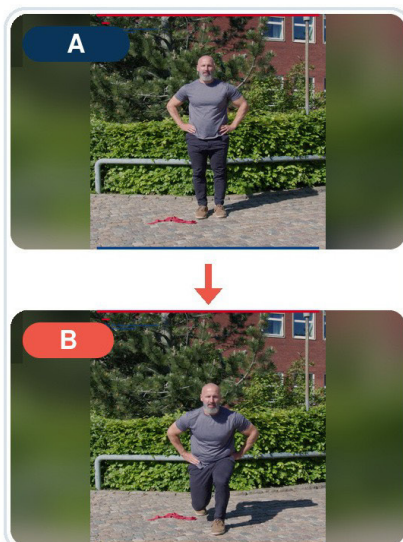
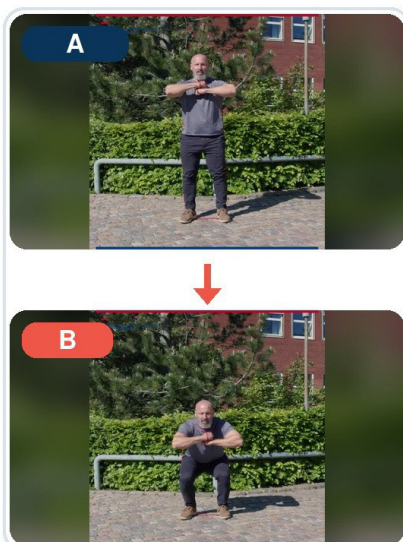
7 Statisk nakkepres Nakkerul Dynamisk rygstræk



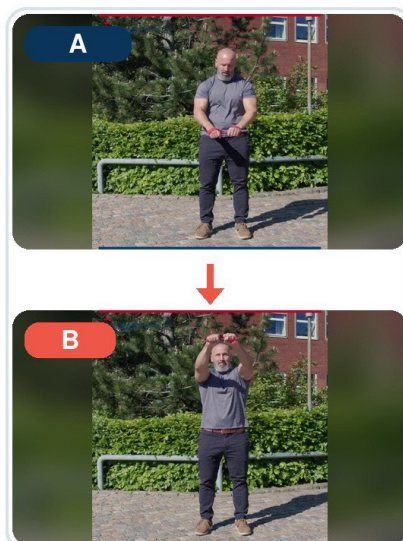
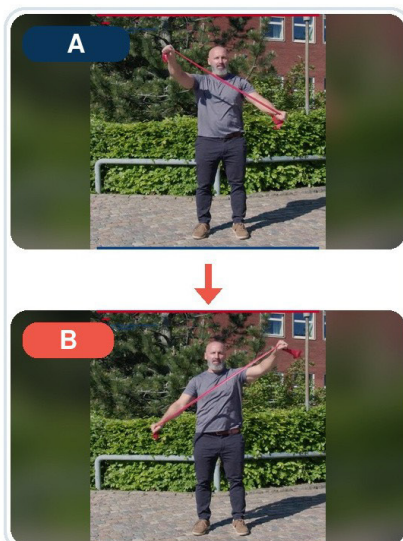
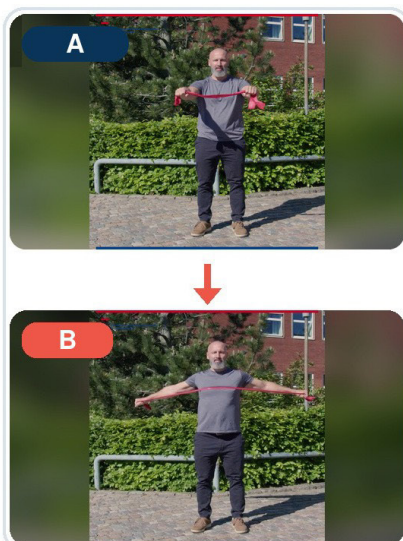
8 Skulderløft Håndledsvip Armdrejning



9 Squats Lunges Hundetisseren



10 Skulderbladsklem Krydsøvelse Pingvinen



**Det Nationale Forskningscenter
for Arbejdsmiljø**

Vælg ét program og lav hver af de tre øvelser i ca. 30 sekunder. Så er du færdig i løbet af 2 minutter. Brug plakaten som overblik og se videoerne for instruktion og tempo. [Kilde: Professor Lars Louis Andersen](#)