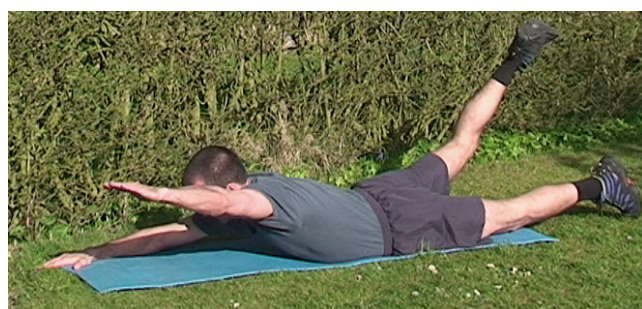
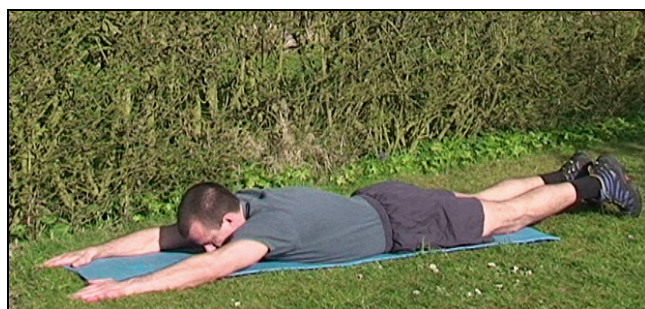
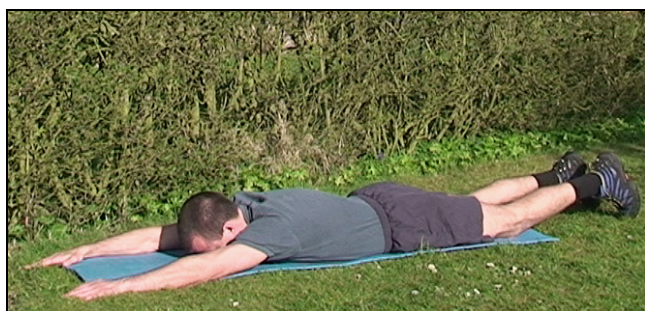
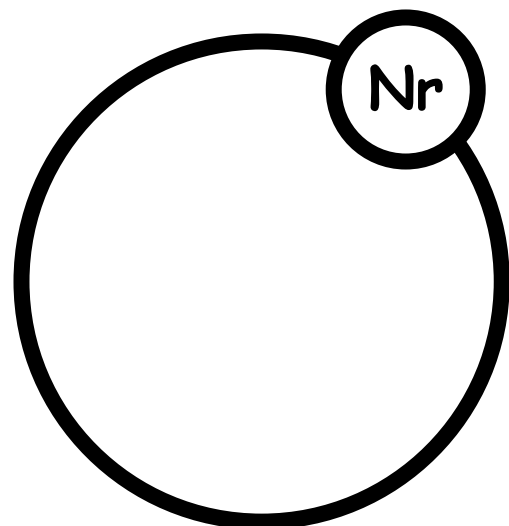


Diagonalløft



- Løft skiftevis modsatte ben og arm