

Crossfit

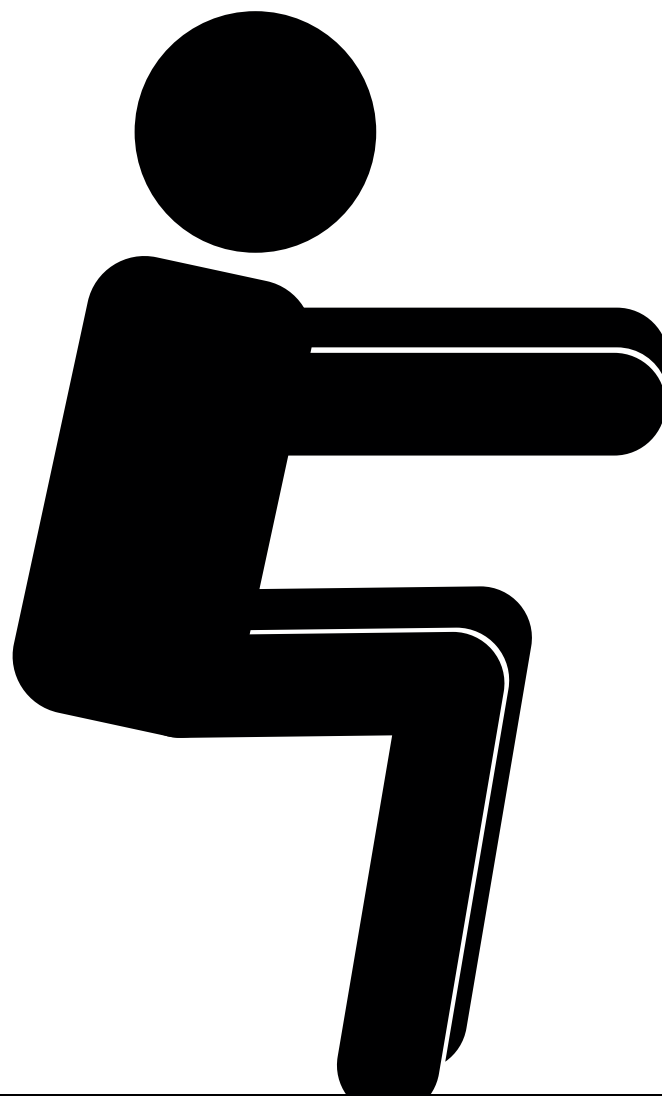
Check ind



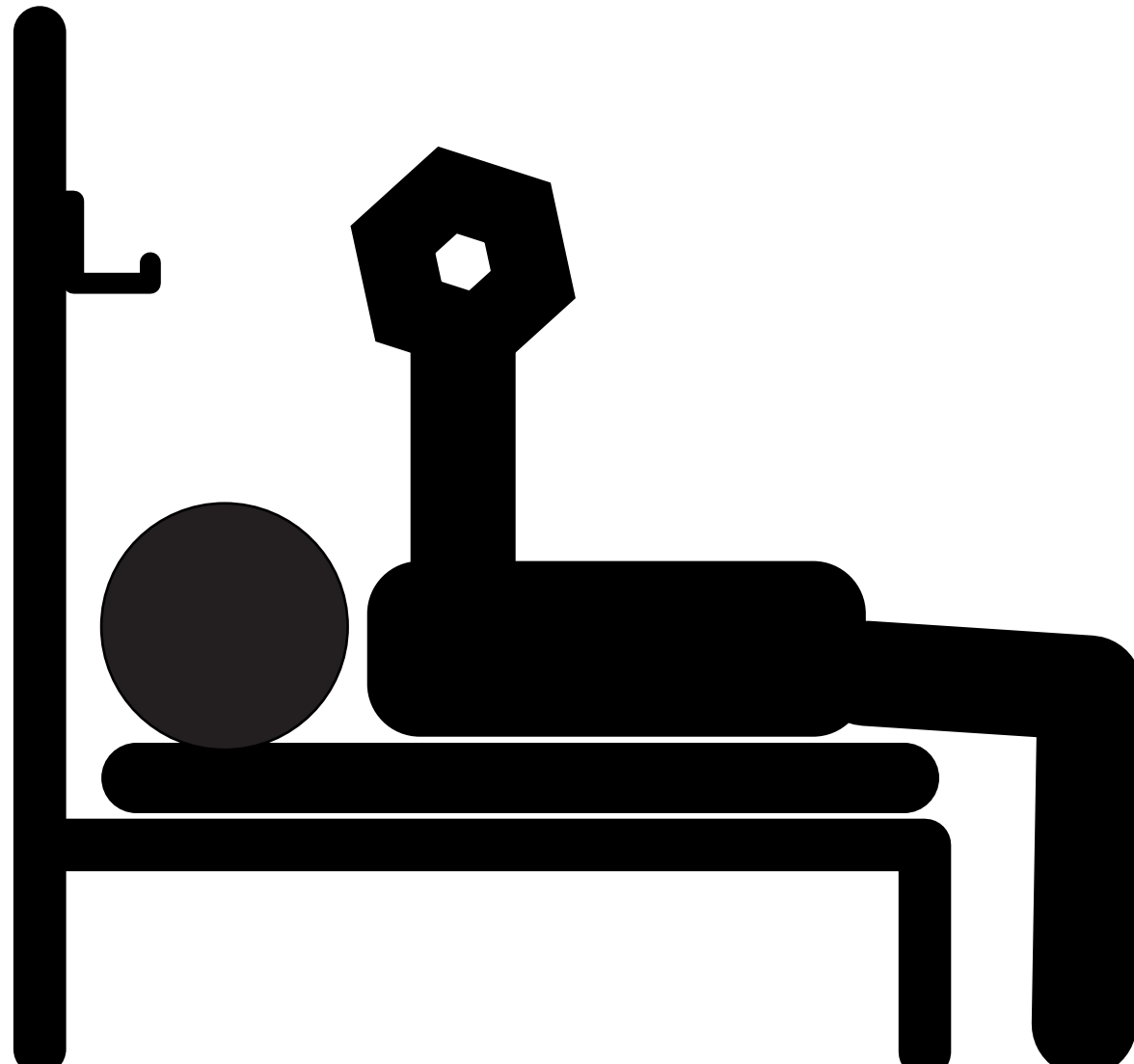
Opvarmning



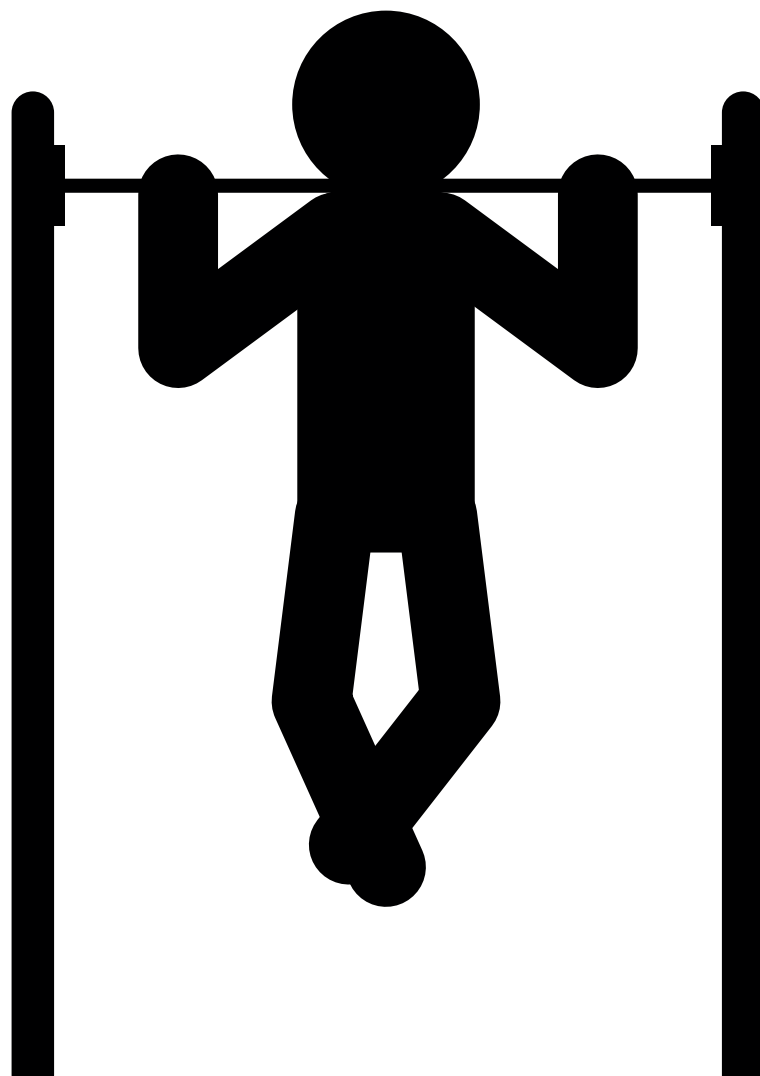
Squat



Bænkpres



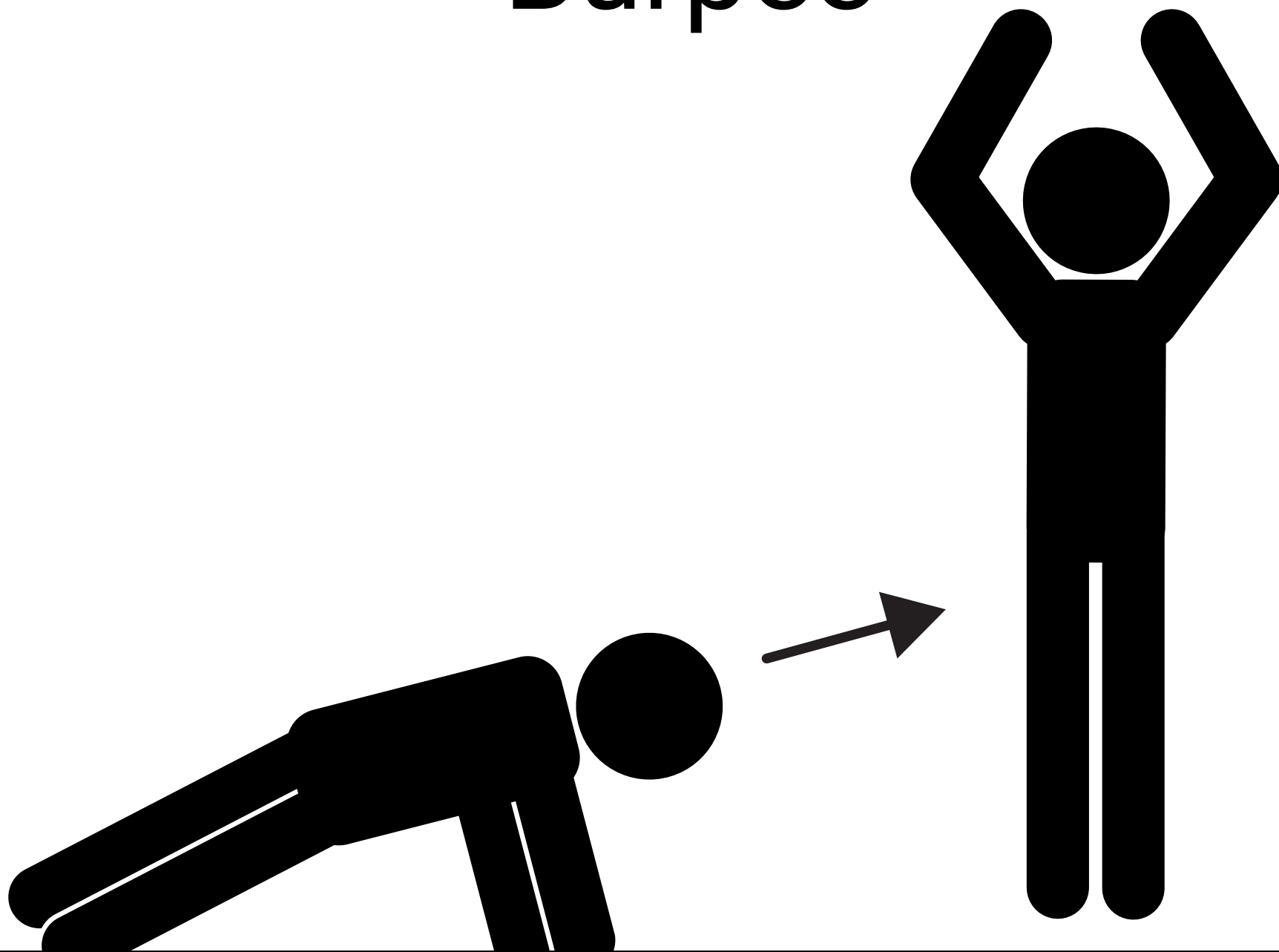
Pullup



Dumbbell snatch



Burpee



Vand



Udstræk



Check ud



Evaluering

