




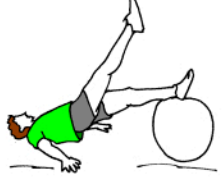



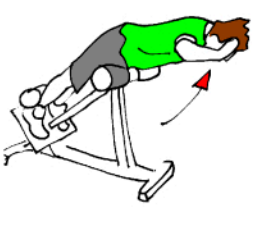



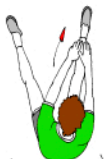





FITNESS PROGRAM

cardio			
	20 MIN easy rythm HR 150 bpm		10 MIN level 3 HR 160 bpm
power-training			
			
2 x 10	2 x 10 x 20 K	3 x 15 x 45 K	5 x 5" each
			
1 x 20	3 x 10 x 50 K	2 x 20 x 7 K	3x 15 slow!
extra			
	+		+
2x30		2x15	+
			+
		2x20	+
			2x10
			Keep the position at least 30" 3x

NAME: *CARLSON*

SURNAME: *MIKA*