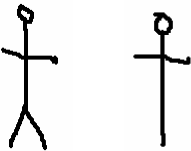
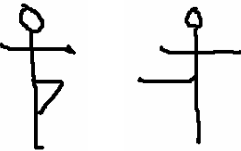
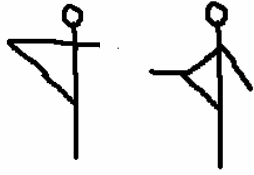
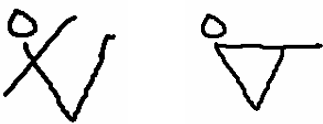





Inspirationskatalog Micro – Mini

Nedenstående er til inspiration og kan man lave andre øvelser evt. fra det normale AB katalog så må de også gerne bruges. Ligesom andre variationer af øvelserne er velkommen.



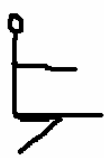




Balancer

På tær samlede eller spredte ben

På et ben på flad fod. I passé, bagud, foran eller til siden (find selv på andre variationer)

Y-balance – halv, hel

Vipsiddende - med eller uden håndfatning, med og uden strakte ben

Krogbalance – enkelt eller dobbelt håndfatning


Forslag til pivoter/drejninger

Forlæns eller baglæns passé pivot - varier arme og evt. benstilling

På samlede ben. Man kan her variere armene


Forslag til spring

Passé hop
 A stick figure is shown in a vertical position with its right leg bent at the knee and its foot touching the ground. The left leg is straight and extended downwards.
Galophop
 A stick figure is shown in a dynamic jumping pose. Its right leg is bent and its foot is on the ground, while its left leg is bent and its foot is in the air.
Kosakhop – front siden
 A stick figure is shown in a crouching position with its right leg bent and its foot on the ground. Its left leg is bent and its foot is on the ground, with the knee pointing towards the front.
Damevending
 A stick figure is shown in a vertical position with its right leg bent and its foot on the ground. Its left leg is bent and its foot is on the ground, with the knee pointing towards the side.
Spagatspring
 A stick figure is shown in a split leap position. Its right leg is bent and its foot is on the ground. Its left leg is bent and its foot is on the ground, with the knee pointing towards the front.
Frontvent sakse
 A stick figure is shown in a crouching position with its right leg bent and its foot on the ground. Its left leg is bent and its foot is on the ground, with the knee pointing towards the front.
Ajaxspring
 A stick figure is shown in a dynamic jumping pose. Its right leg is bent and its foot is on the ground, while its left leg is bent and its foot is in the air.

Kropsbølger

På knæ – fremad el. bagud



Stående forlæns / baglæns



Til siden



Kropssving

Stående forlæns og baglæns

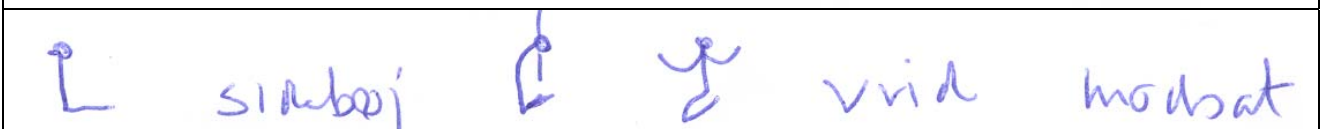
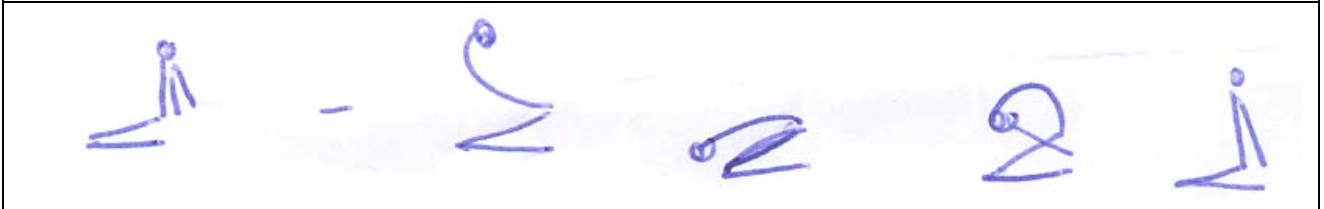


Til siden



Andre krops bevægelser – som vrid og bøjning

På knæ



Stående

