

Juniori Hermeksen U12-14 oheiset

Viikko 19

Toiminnallinen kehonhallinta (Toistot 12x3)

<https://www.youtube.com/watch?v=Dcs28k4Txqs>

<https://www.youtube.com/watch?v=LKIRwrt4OQI>

<https://www.youtube.com/watch?v=pNlfwYVv3eo>

<https://www.youtube.com/watch?v=o5aPU9Z41lw>

<https://www.youtube.com/watch?v=W-XGBGmd9VU>

Takaketjun liikkuvuus (Toistot 12x3)

<https://www.youtube.com/watch?v=jKMhlfuLtw>

<https://www.youtube.com/watch?v=UKT8wglG04g>

<https://www.youtube.com/watch?v=DmDkfCbnaho>

<https://www.youtube.com/watch?v=GCHBtz8Jp8A>

Keskivartalon vahvistaminen (Toistot 15x4)

<https://www.youtube.com/watch?v=ACIQNPFeTcO>

https://www.youtube.com/watch?v=_5sKo9Ytjg8

<https://www.youtube.com/watch?v=C0b2D4NkBPp>

Hyppääminen, ponnistaminen ja alastulot (Toistot 15x4)

<https://www.youtube.com/watch?v=J3IOGZMTAjU>

<https://www.youtube.com/watch?v=qSFHi1W5cbo>

<https://www.youtube.com/watch?v=KplmE4qnstw>

https://www.youtube.com/watch?v=BOp9U4u3_To

<https://www.youtube.com/watch?v=qmPgEajtdzU>

<https://www.youtube.com/watch?v=grkhVUI-QdE>

<https://www.youtube.com/watch?v=kDeU76CerLA>

Koordinaatio (Noin 15m matka) (Toistot 10x4)

<https://www.youtube.com/watch?v=MdTOsmdrol8>

<https://www.youtube.com/watch?v=Dy1yhRBsvZE>

<https://www.youtube.com/watch?v=HgSjPZEEGk8>

<https://www.youtube.com/watch?v=qXFAPN-d2s4>

Suunnanmuutos ja ketteruus (Toistot 8x4)

<https://www.youtube.com/watch?v=4ArxwezCnM>

<https://www.youtube.com/watch?v=sff-HkdMEWQ>

https://www.youtube.com/watch?v=NEfdANul_js

Viikko 20

Toiminnallinen kehonhallinta (Toistot 12x3)

<https://www.youtube.com/watch?v=qW7WCyLmBBw>

<https://www.youtube.com/watch?v=6shFp8Mfh-g>

<https://www.youtube.com/watch?v=glwiRy0hmew>

Takaketjun liikkuvuus (Toistot 12x3)

<https://www.youtube.com/watch?v=jKMhIufnLtw>

<https://www.youtube.com/watch?v=UKT8wglG04g>

<https://www.youtube.com/watch?v=DmDkfCbnaho>

<https://www.youtube.com/watch?v=GCHBtz8Jp8A>

Keskivartalon vahvistaminen (Toistot 15x4)

https://www.youtube.com/watch?v=ZKpEhT_V--o

<https://www.youtube.com/watch?v=uUKAYkQZXko>

<https://www.youtube.com/watch?v=C0b2D4NkBPp>

Hyppääminen, ponnistaminen ja alastulot (Toistot 15x4)

<https://www.youtube.com/watch?v=Uq8m8ff9VgA>

https://www.youtube.com/watch?v=BOp9U4u3_To

<https://www.youtube.com/watch?v=qmPgEajtdzU>

<https://www.youtube.com/watch?v=grkhVUI-QdE>

<https://www.youtube.com/watch?v=qSFHi1W5cbo>

<https://www.youtube.com/watch?v=KplmE4qnstw>

<https://www.youtube.com/watch?v=kDeU76CerLA>

Koordinaatio (Noin 15m matka) (Toistot 10x4)

<https://www.youtube.com/watch?v=MdTOsmdrol8>

<https://www.youtube.com/watch?v=Dy1yhRBsvZE>

<https://www.youtube.com/watch?v=13r-sahSRw4>

https://www.youtube.com/watch?v=_roIKu-fmyY

Suunnanmuutos ja ketteryys (Toistot 8x4)

<https://www.youtube.com/watch?v=4ArxzwezCnM>

<https://www.youtube.com/watch?v=LV6E1I598OY>

https://www.youtube.com/watch?v=NEfdANul_js

Mailankäsittely

<https://www.youtube.com/watch?v=j1aHxpsm3AI>

<https://www.youtube.com/watch?v=LqfjCjZayjY>

https://www.youtube.com/watch?v=loCNw_wGv3U

<https://www.youtube.com/watch?v=lkQNDOigbFw>

<https://www.youtube.com/watch?v=CV0YC58bQpY>

<https://www.youtube.com/watch?v=wlfy7gDAGr0>

https://www.youtube.com/watch?v=_lq-E9EFdYQ

https://www.youtube.com/watch?v=HGDPIu_E-GU

<https://www.youtube.com/watch?v=tEEvm6I1cnI>

<https://www.youtube.com/watch?v=0Mu20GgpLjA>