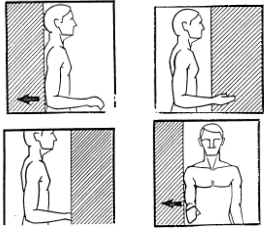


## Hans Sundgren and shoulder training 1999-01-11



**Hold for 6 seconds.  
2 x 10 times at 2 occasions per day.  
STUVADE MORÖTTER!**

<b>JANUARY</b>		
11 Monday	-	22.30
Tuesday	-	23.00
Wednesday	15.00	23.00
Thursday	-	-
Friday	15.00	-
Saturday	-	21.30
Sunday	-	22.00
18 Monday	-	21.30
Tuesday	-	23.00
Wednesday	-	22.00
Thursday	-	-
<b>EVA Check</b>	-	-
Friday	-	-
Saturday	-	22.30
Sunday	-	-
25 Monday	-	-
Tuesday	12.30	22.30
Wednesday	15.00	-
Thursday	-	23.00
Friday	-	-
Saturday	-	-
Sunday	-	-
<b>FEBRUARY</b>		
1 Monday	-	23.00
Tuesday	-	-
Wednesday	-	-
Thursday	8.30	24.00
Friday	-	-

Saturday	-	-
Sunday	15.00	-
8 Monday	8.00	22.00
Tuesday	13.30	22.30
Wednesday	12.30	-
Thursday	-	-
<b>EVA Check</b>	-	-
Friday	-	-
Saturday	-	-
Sunday	-	-
15 Monday	-	-
Tuesday	-	-
Wednesday	-	-
Thursday	-	-
Friday	-	-
Saturday	-	-
Sunday	-	-
22 Monday	-	-
Tuesday	-	-
Wednesday	-	-
Thursday	-	-
Friday	-	-
Saturday	-	-
Sunday	-	-
<b>MARCH</b>		
1 Monday	-	-
Tuesday	-	-
Wednesday	-	-
Thursday	-	-
Friday	-	-
Saturday	-	-
Sunday	-	-
8 Monday	-	-
Tuesday	-	-
Wednesday	-	-
Thursday	-	-
Friday	-	-
Saturday	-	-
Sunday	-	-