

#IKEAMovingTogether

A 2 km activity walk
with exercise stops

- 9.**
10 balance stars
Small path by the
new parking lot
at Bäckgatan
- 10.**
10 chest stretch
Grassplott behind
Aktivitetshuset
- 1.**
10 dips
Stones outside
Aktivitetshuset/ICOM

- 2.** **10 push-ups**
Railing outside the ICOM entrance

- 8.** **Plank against a stone 30 s x 2**
Stones behind
IKEA of Sweden

- 7.** **10 squats**
Outside IKEA of Sweden

- 6.** **Intervals: Power walk 20 s,
slow walk 10 s. Repeat!**
Bike path along IKEA Hotell
until you reach the tunnel.

- 5.**
10 step-ups
Podium outside
IKEA Tillsammans

- 4.**
10 lunges
By the container
at IKEA Museum

- 3.** **10 heel raises**
Stairs at the back of IKEA 1

