

Activity walk

♥ 2 km



1. 10 dips

Stones outside
Aktivitetshuset/ICOM

2. 10 push-ups

Railing outside the
ICOM entrance

3. 10 heel raises

Stairs at the back
of IKEA 1

4. 10 lunges

By the container
at IKEA Museum

5. 10 step-ups

Podium outside
IKEA Tillsammans

6. Intervals

Power walk 20 sec
Slow walk 10 sec
Repeat!

Bike path along
IKEA Hotell until you
reach the tunnel.

7. 10 squats

Outside IKEA of Sweden

8. Plank

Against a stone 30 sec x 2 Stones
behind IKEA of Sweden

9. 10 balance stars

Small path by the new
parking lot at Backgatan

10. 10 chest stretch

Grass plott behind
Aktivitetshuset

Aktivitetshuset