
A close-up photograph of a person's legs in a gym. The person is wearing a bright orange t-shirt and dark blue leggings. They are sitting on a piece of gym equipment, likely a leg press or knee curl machine, and their hands are resting on their thighs. The background shows a gym environment with various pieces of equipment, a window, and a poster on the wall. The lighting is warm and indoor.

Styrketräning på morgonen.
Knäböj i maskin med 45 kg.
3 x 15 i kombination med
Bencurl på boll.
Känns Bra!




Bränner Bra på baksidan!

Efter morgonträningen har min dag bara rullat på.

A photograph of a stone bridge crossing a stream in a forest during autumn. The bridge is made of several large, flat stone slabs. The ground around the bridge is covered with fallen brown and yellow leaves. A large, moss-covered rock sits on the right side of the bridge. The background is filled with trees with green and yellowing leaves. A red and white lifebuoy is visible on the left bank.

Ernst var hemma idag på morgonen och fick sig en liten morgonpromenad.

Vår bryggga börjar se lite sliten ut. Det får nog bli ett brygggråd för att besluta något.

A middle-aged man with a shaved head is sitting in a wooden chair, smiling at the camera. He is wearing a light blue button-down shirt and blue jeans. His right hand is wrapped in white medical bandage, covering the back of the hand and fingers. He is holding the hand in a fist-like position. A light blue towel is draped over the chair's seat, with a white tag that has the name 'Angelholm' printed on it. The background is dimly lit, showing a dark jacket hanging on a wall and a framed picture.

I dag har Ernst varit
på Movement i
Halmstad och fixat
sin sena som bråkat
ett tag.
Ett riktigt Tyck synd
om bandage!