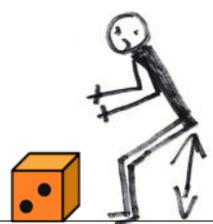
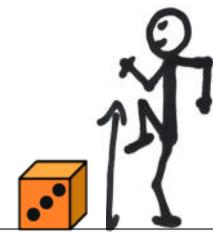


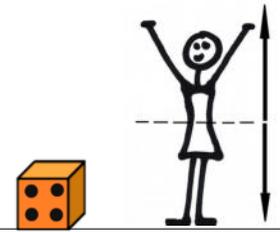
5\*Oberkörper re/li beugen



5\*Kniebeuge



10\*Laufen



5\*strecken & beugen



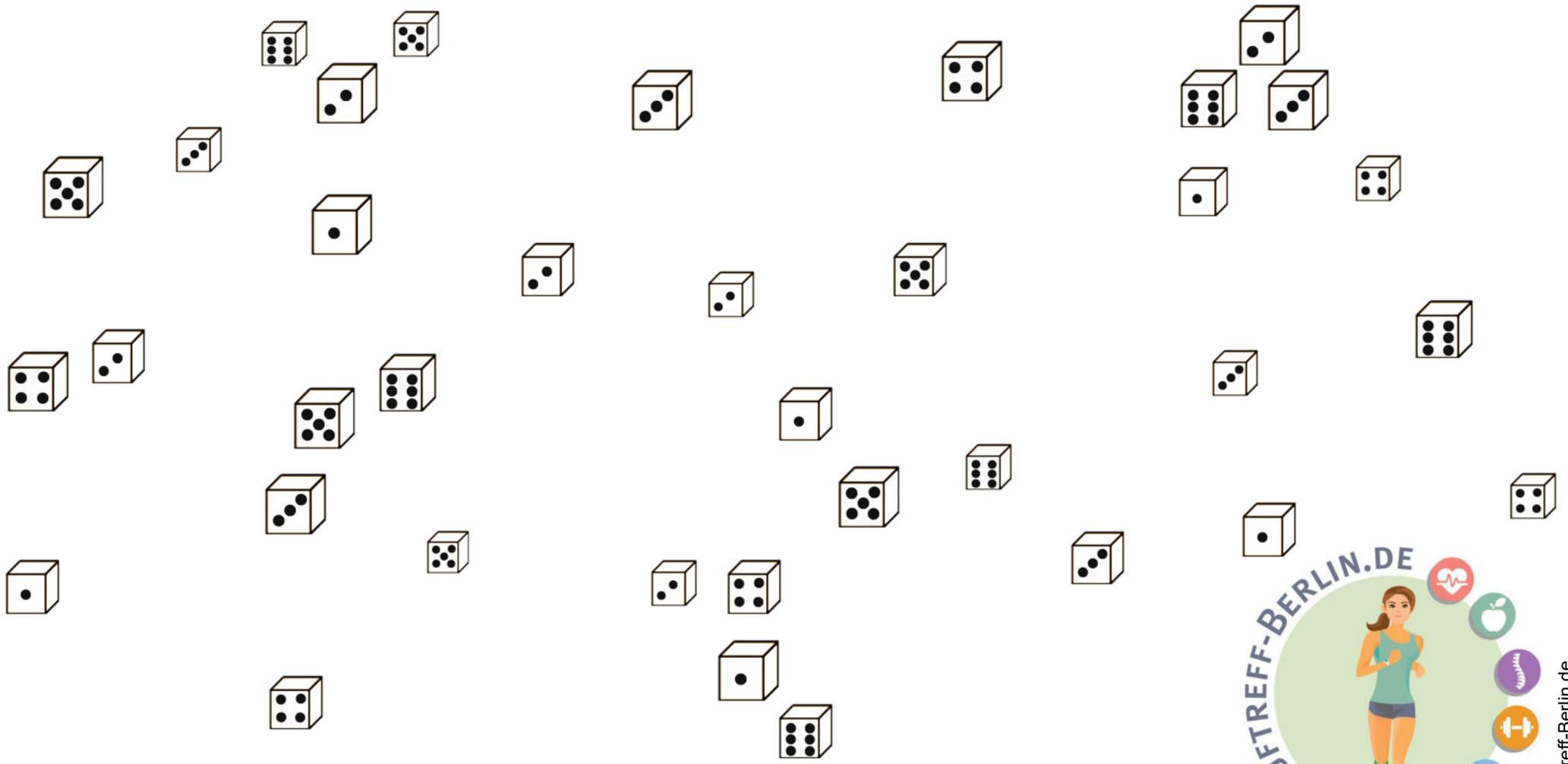
5\*Wechselsprünge



5\*Standwaage re/li



10\*Hampelmann Alternativübung



Viel Spaß beim Training, bleibt gesund!