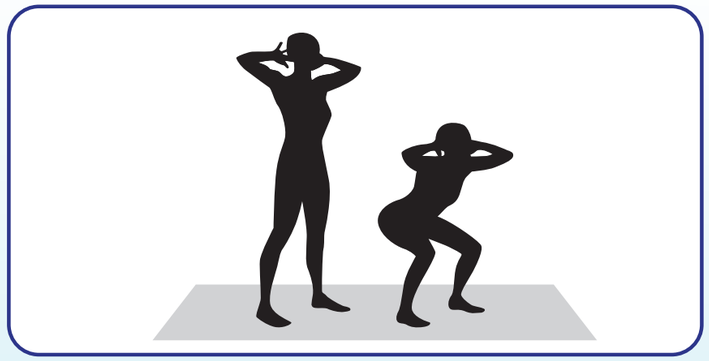
WORKOUT ANLEITUNG

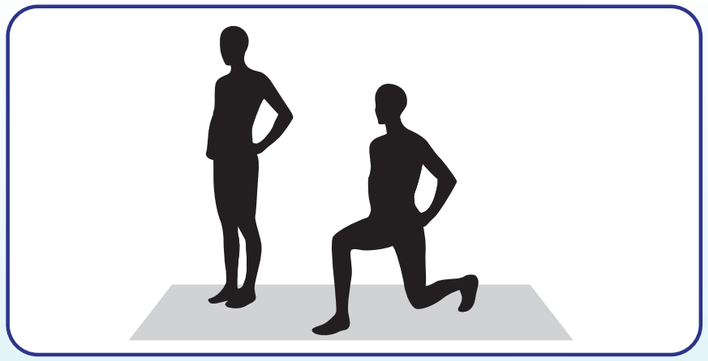
LEICHT
BEGINNER



HAMPELMANN/JUMPING JACK

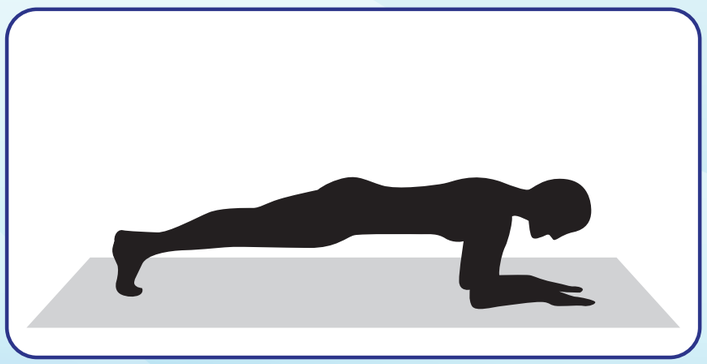


KNIEBEUGE/SQUAT

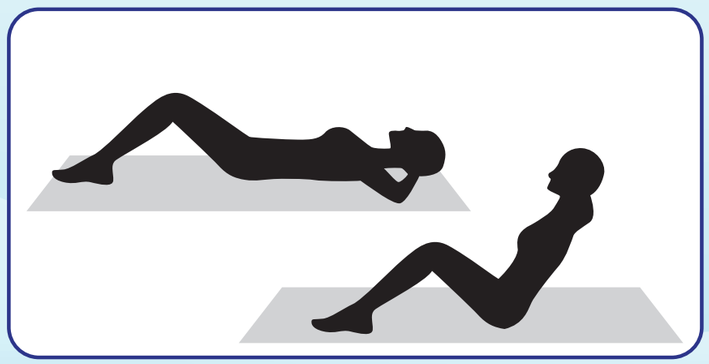


AUSFALLSCHRITT/LUNGE

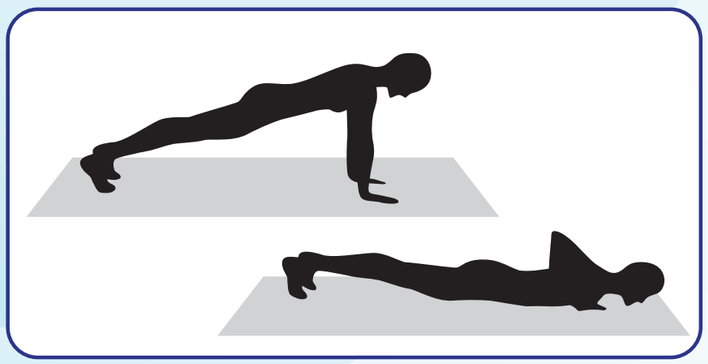
MITTEL
INTERMEDIATE



UNTERARMSTÜTZ/PLANK

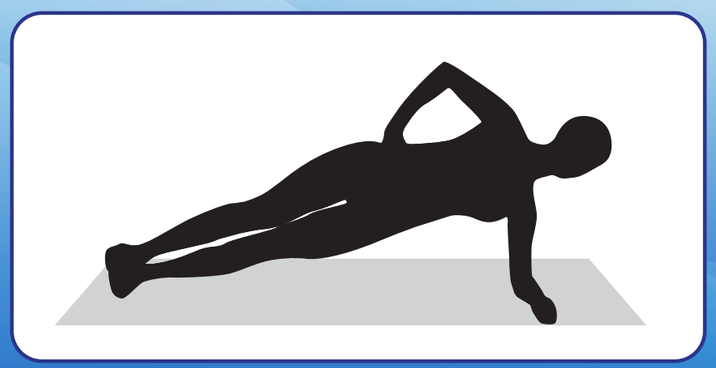


SIT-UP



LIEGESTÜTZ/PUSH-UP

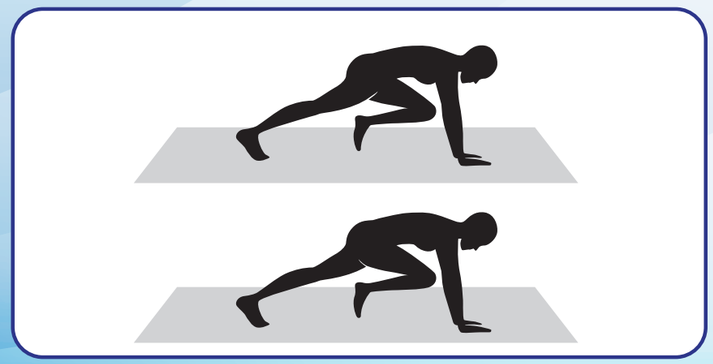
SCHWER
ADVANCED



SIDE PLANK



RUSSIAN TWIST



MOUNTAIN CLIMBER

© ATC HANDELS GMBH, 25335 BOKHOLT-HANREDDER