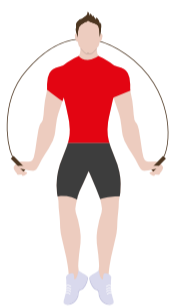


4 MINUTEN WARM-UP

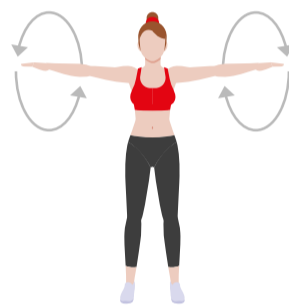
HAMMER

jede Übung 30 Sekunden

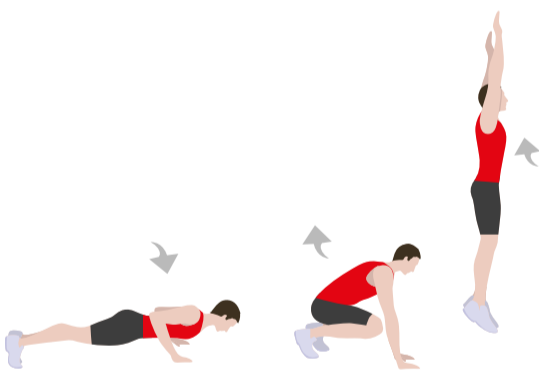
1 Seilspringen



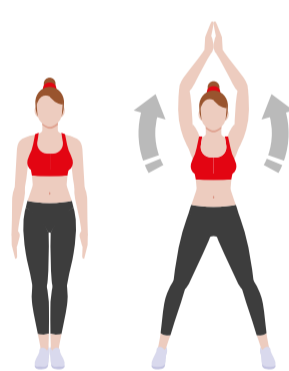
2 Arm-Kreisen



3 Burpees



4 Jumping Jack



5 Vorgebeugtes Überkreuzen



6 Bergsteiger



7 Knieheben



8 Seitliches Rumpfbeugen

