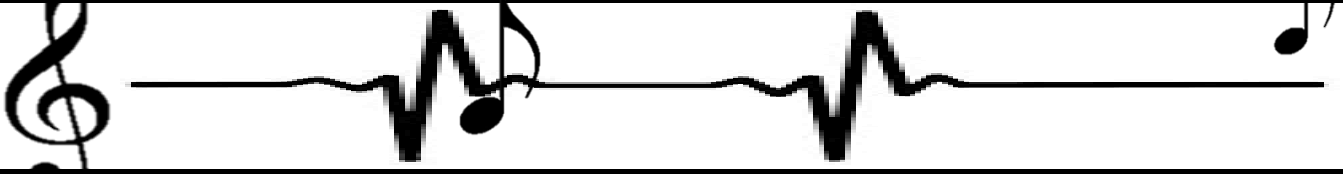
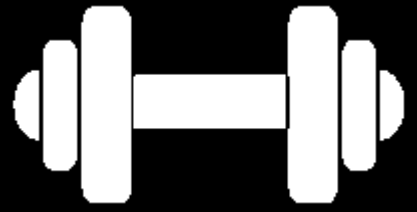




MUSKEL CLUB



VORHER



NACHHER



DI.

TABATA



MI.

HIIT



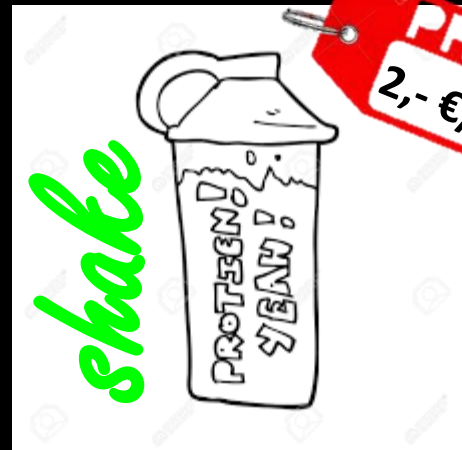
DO.

TABATA

fit ...



OHNE GERÄT

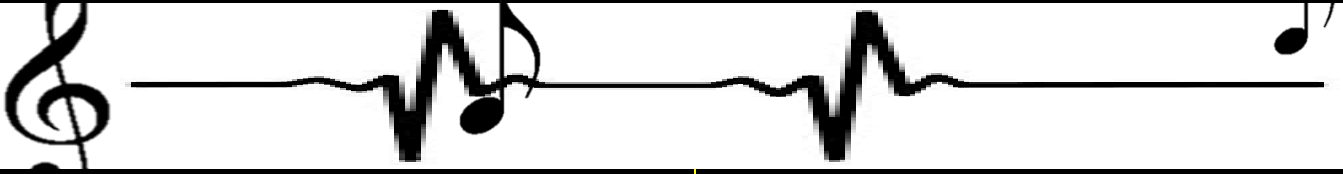
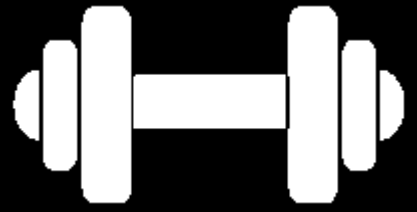


shake





MUSKEL CLUB



LABATO

ONE

20sec. burpees

10sec. rest

20sec. jumping jack

10sec. Rest

4x

TWO

20sec. squat jumps

10sec. rest

20sec. jumping skaters

10sec. Rest

4x

THREE

20sec. climbers

10sec. rest

20sec. high knees

10sec. Rest

4x

FOUR

20sec. push up

10sec. rest

20sec. jump rope

10sec. Rest

4x

HiIT

JUMPIN JACKS

WALL SIT

PUSH_UP

CRUNCHES

CHAIR STEP_UP

SQUATS

SIDE PLANK

TRIZEPS DIPS

PUSH_UP ROTATION