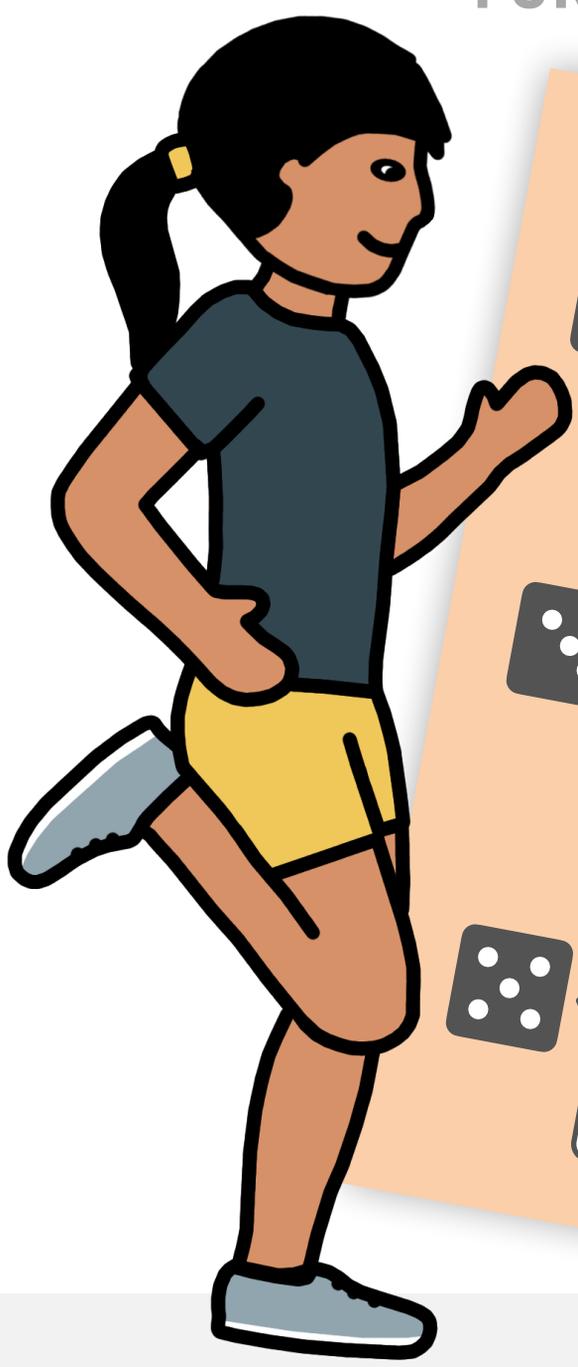


WÜRFEL WORKOUT

FÜR ZUHAUSE & SCHULE



A large board with a grid of dice and exercise cards. The dice are arranged in two columns, and the exercise cards are arranged in two columns. Each die is connected to an exercise card by a white speech bubble-like shape. The exercises include: 1. A person with arms raised (1 die), 2. A person in a crouching position (2 dice), 3. A person in a walking or lunging position (3 dice), 4. A person in a plank position (4 dice), 5. A person lying on their back with hands behind their head (5 dice), and 6. A person in a running position (6 dice).

WÜRFEL-WORKOUT

HAMPELMANN



1

30

KNIEBEUGE



2

20

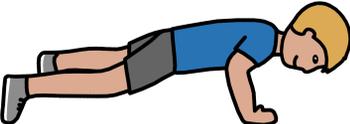
KNIEHEBELAUF



3

30

LIEGESTÜTZE



4

10

CRUNCHES



5

10

ANFERSEN

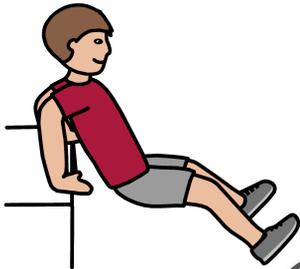


6

30

WÜRFEL-WORKOUT

TRIZEPS-DIPS



1

10

STRECKSPRÜNGE



2

20

STEP-UPS



3

10

EINBEINSPRÜNGE



4

20

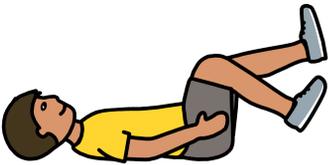
BERGSTEIGER



5

20

RADFAHREN

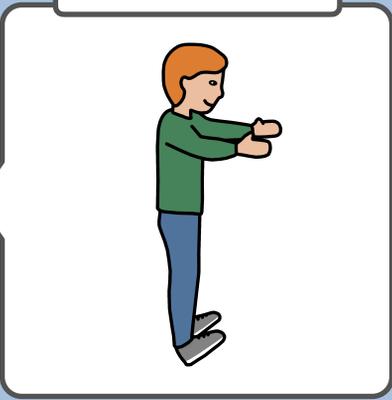


6

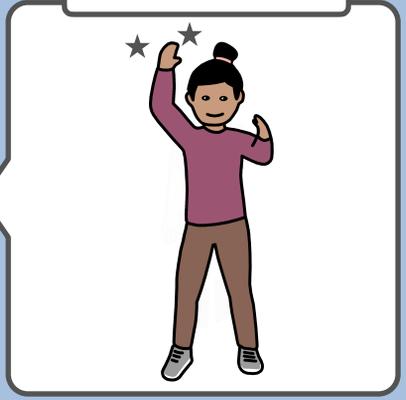
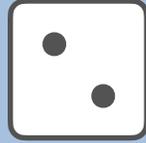
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WÜRFEL-WORKOUT

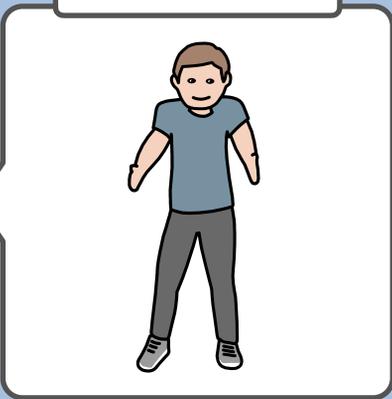
FERSENSTAND



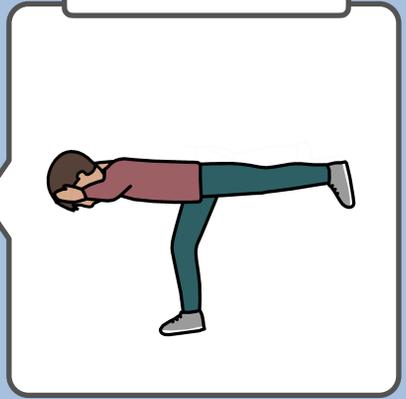
STERNE GREIFEN



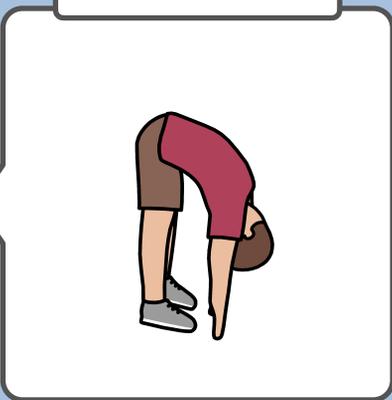
SCHULTERN KREISEN



STANDWAAGE



HÄNDE ZUM BODEN



RECKEN & STRECKEN

