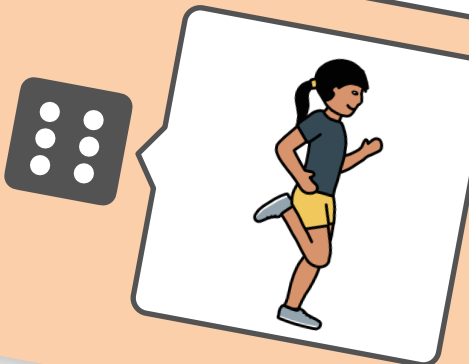
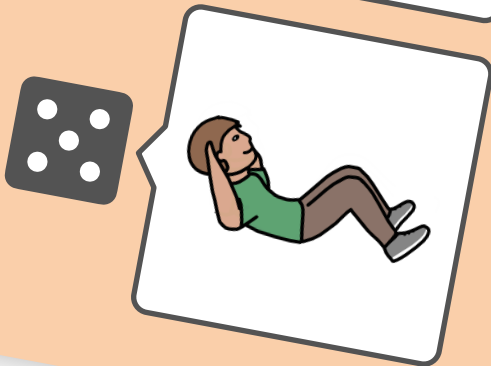
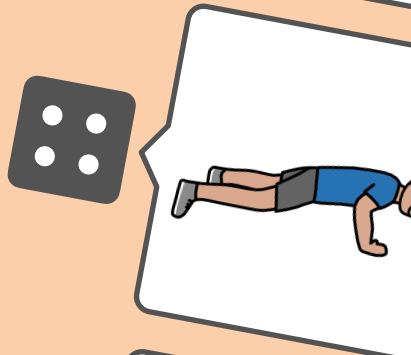
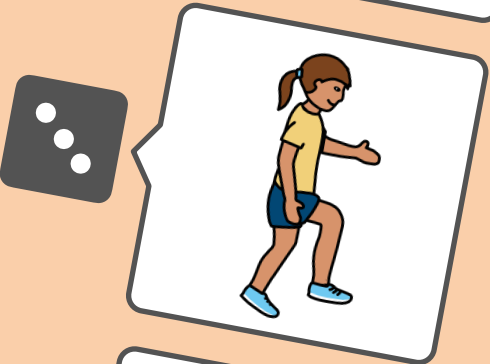
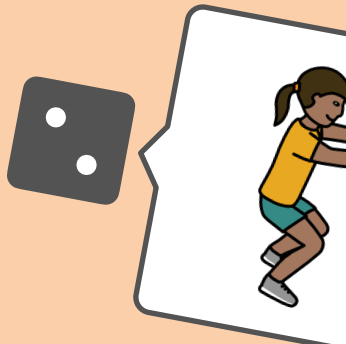
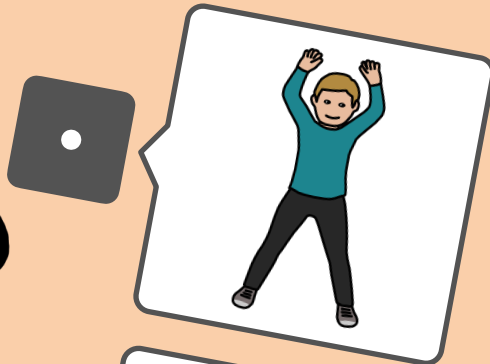
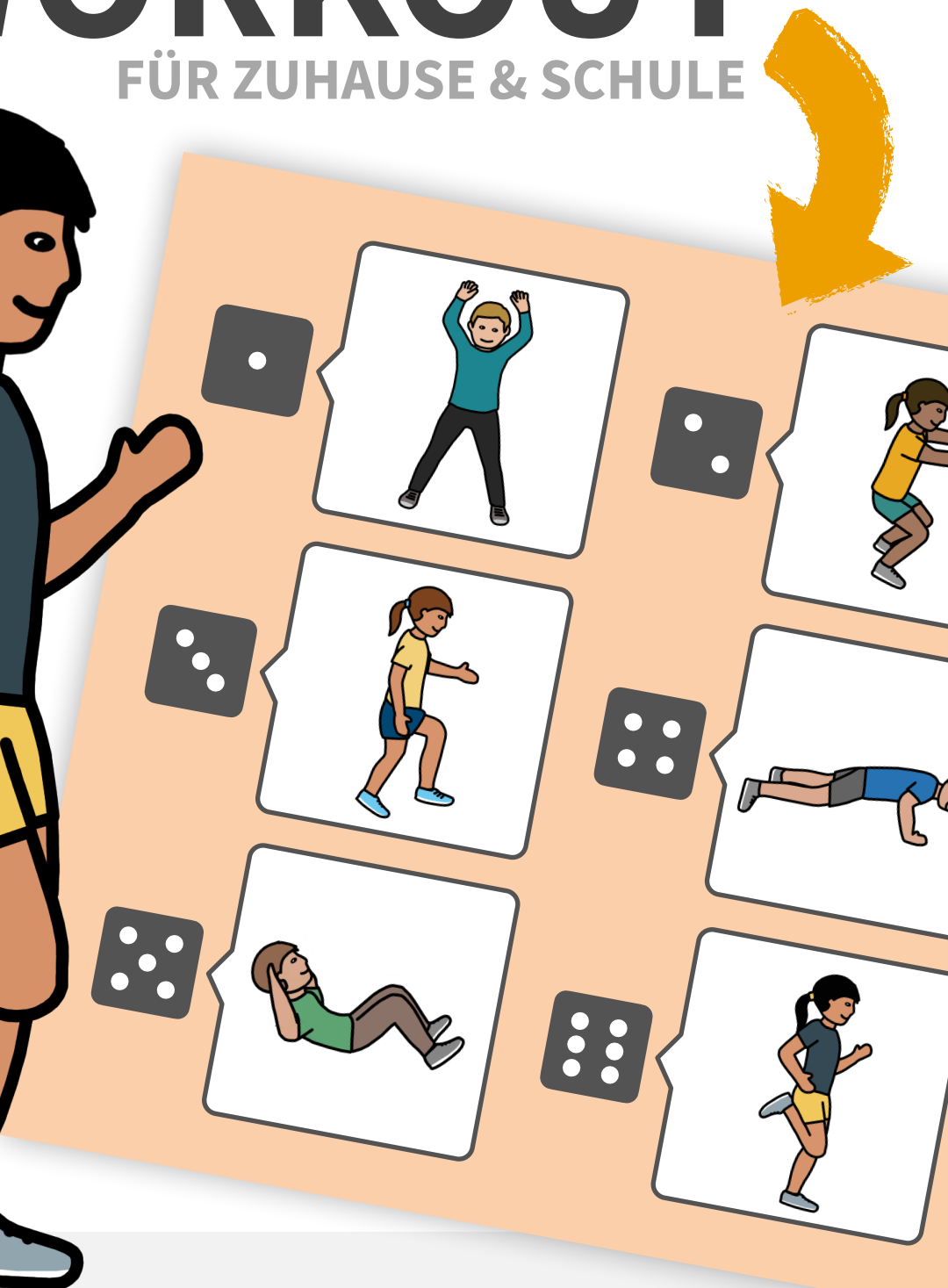
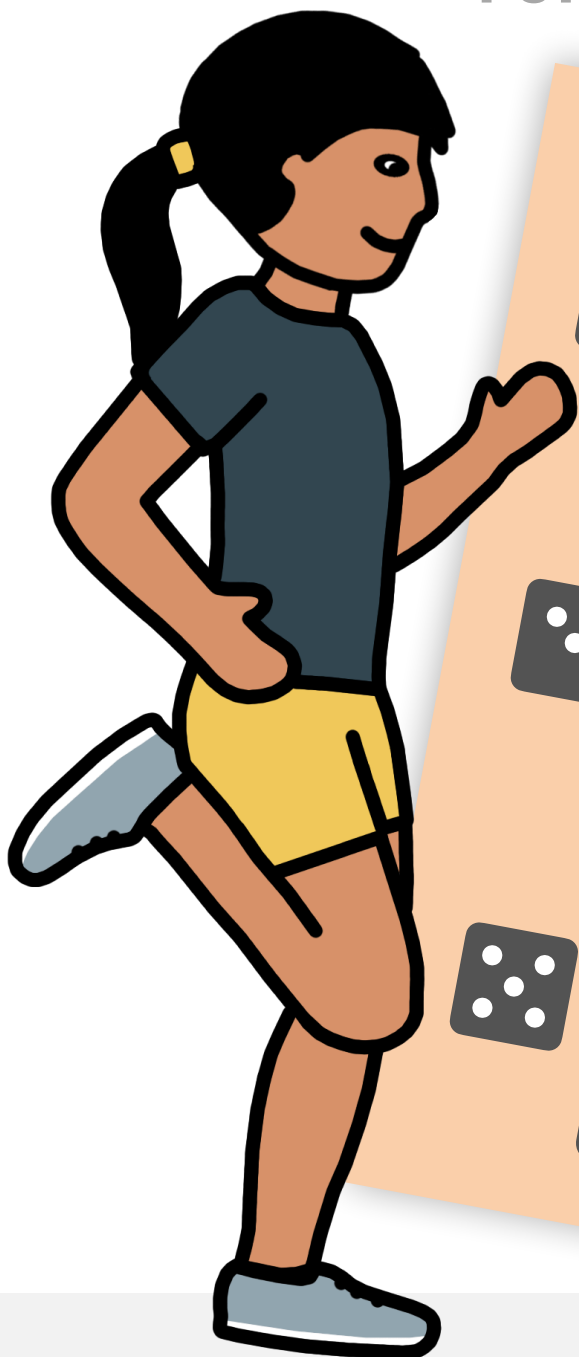


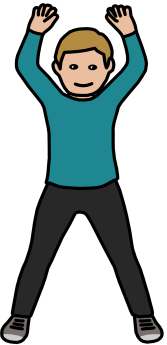
WÜRFEL WORKOUT

FÜR ZUHAUSE & SCHULE



WÜRFEL-WORKOUT


HAMPELMANN



1

30

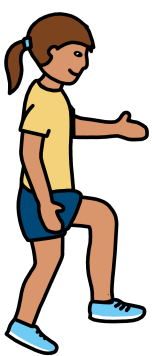
KNIEBEUGE



2

20

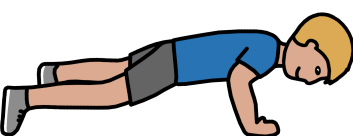
KNIEHEBELAUF



3

30


LIEGESTÜTZE



4

10


CRUNCHES



5

10

ANFERSEN

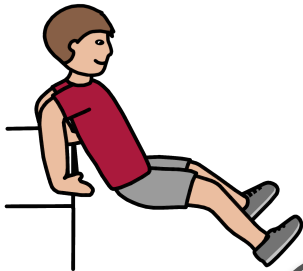


6

30

WÜRFEL-WORKOUT

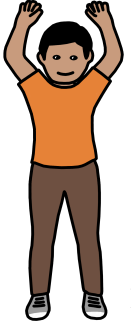
TRIZEPS-DIPS



1

10

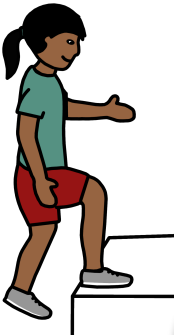
STRECKSPRÜNGE



2

20


STEP-UPS



3

10

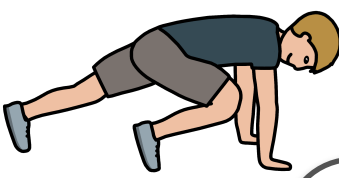
EINBEINSPRÜNGE



4

20

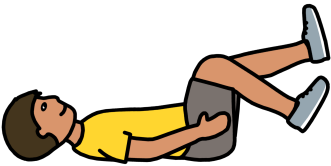
BERGSTEIGER



5

20

RADFAHREN

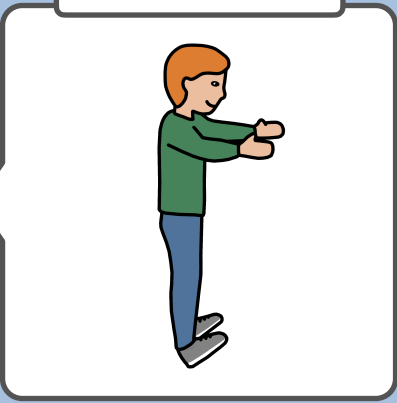


6

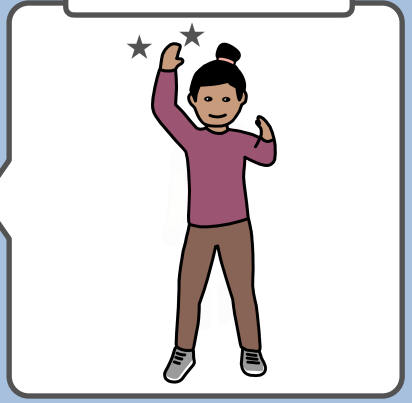
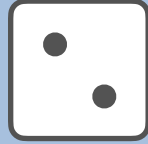
30

WÜRFEL-WORKOUT

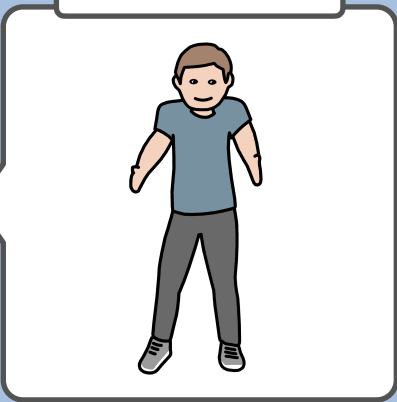
FERSENSTAND



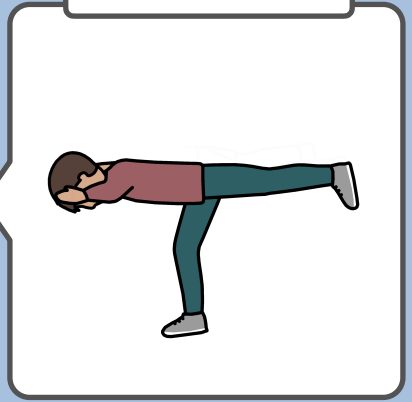
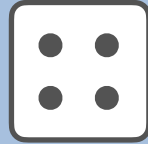
STERNE GREIFEN



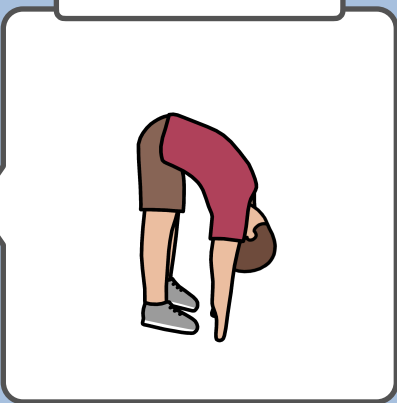
SCHULTERN KREISEN



STANDWAAGE



HÄNDE ZUM BODEN



RECKEN & STRECKEN

