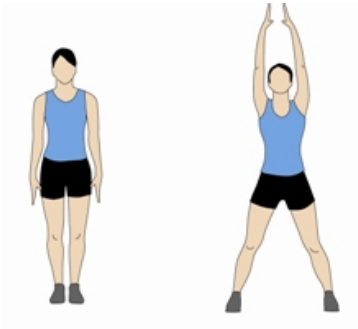
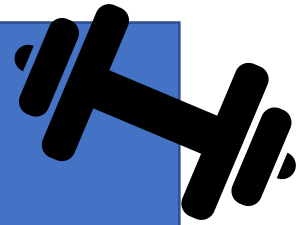


5 min Training



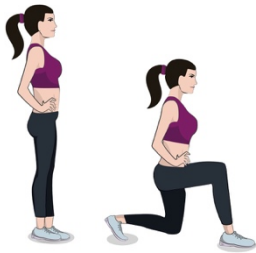
1 min Hampelmann



30 s Rumpfheugen



1 min Seilspringen



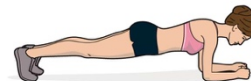
30 s Ausfallschritte



1 min Kniehebelauf



30 s Liegestütz



30 s Plank