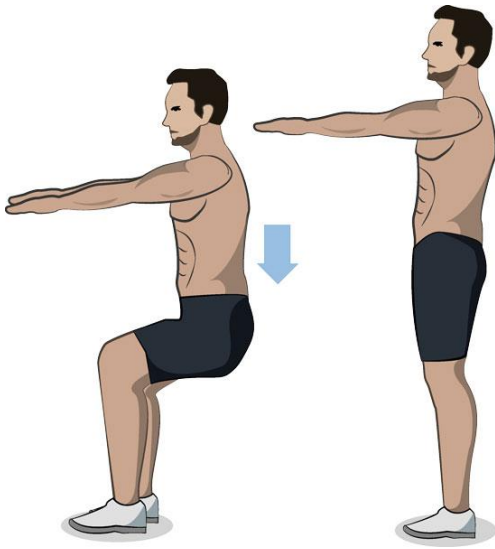
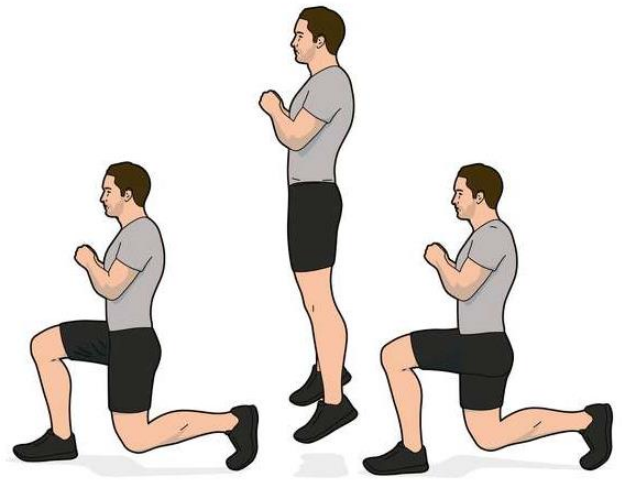


Kniebeuge (Squats)



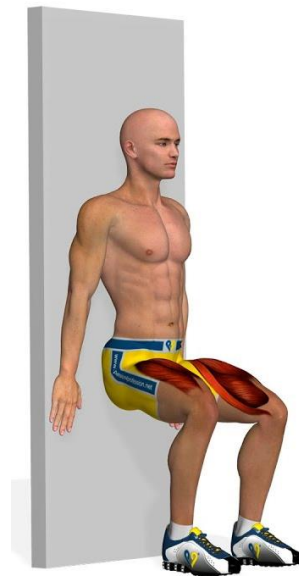
Lunges-Jumps



Ausfallschritt seitlich



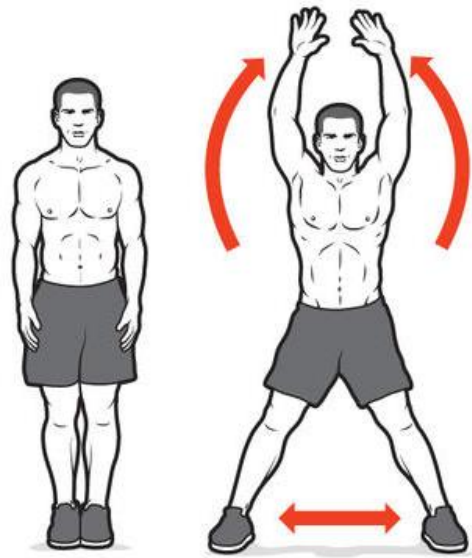
Wandsitz (Wall Sit)



Seilspringen (geht auch ohne Seil)



Hampelmann



Kniehebellauf



Anfersen



