



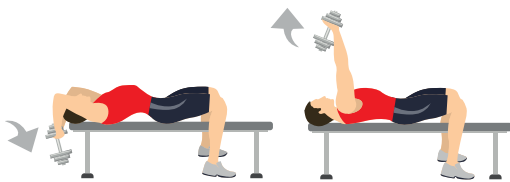
GANZKÖRPER-KRAFT-WORKOUT

HAMMER

3x10-15 Wiederholungen

1

Überzüge



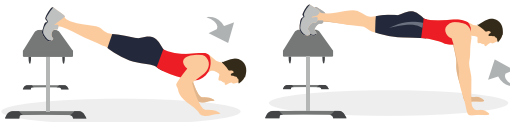
2

Kurzhantel Rudern



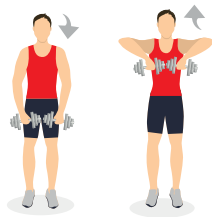
3

Liegestütz auf Hantelbank



4

Frontheben mit Kurzhantel



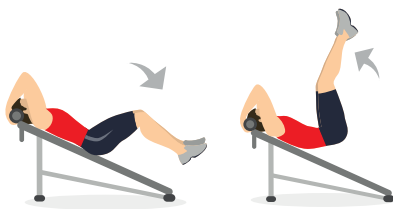
5

Kickbacks



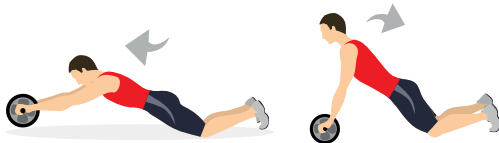
6

Beckenheben



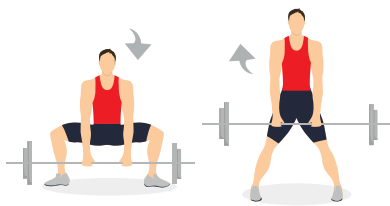
7

Bauchmuskeltraining mit Ab-Roller



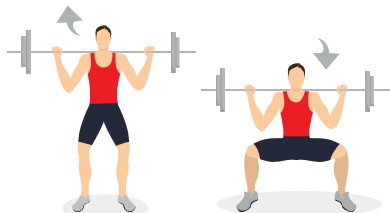
8

Sumo Kreuzheben



9

Sumo Kniebeuge



10

Kniebeuge auf Gymnastikball

