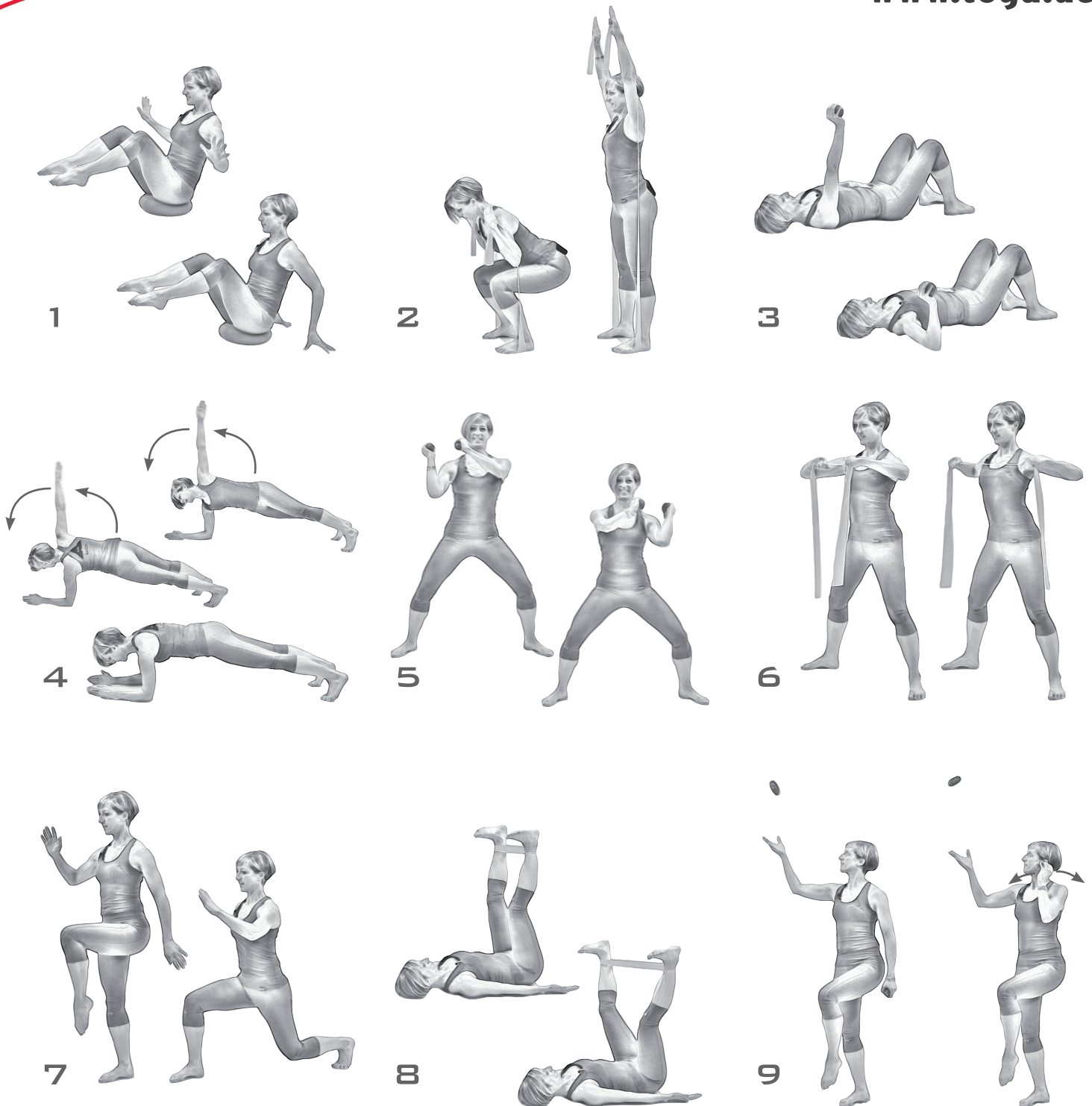




**ÜBUNGSDAUER**  
**EXERCISE TIME**

**Level I** 30 Sek

**Level II** 45 Sek

**Level III** 60 Sek

**PAUSE ZWISCHEN ÜBUNGEN**  
**REST BETWEEN EXERCISES**

**Level I / II / III** 30 Sek

**DURCHGÄNGE**  
**SETS**

**2**

**PAUSE ZWISCHEN SETS**  
**REST BETWEEN SETS**

**Level I / II / III** 2 min