



1



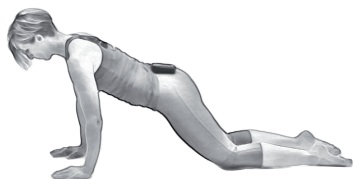
2



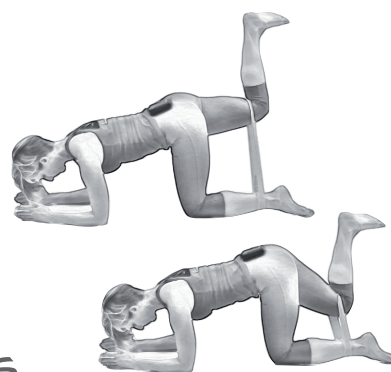
3



4



5



6



7



8



9

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