

Trainings Chart

Start Position

Back

End Position



Start Position

Abs

End Position



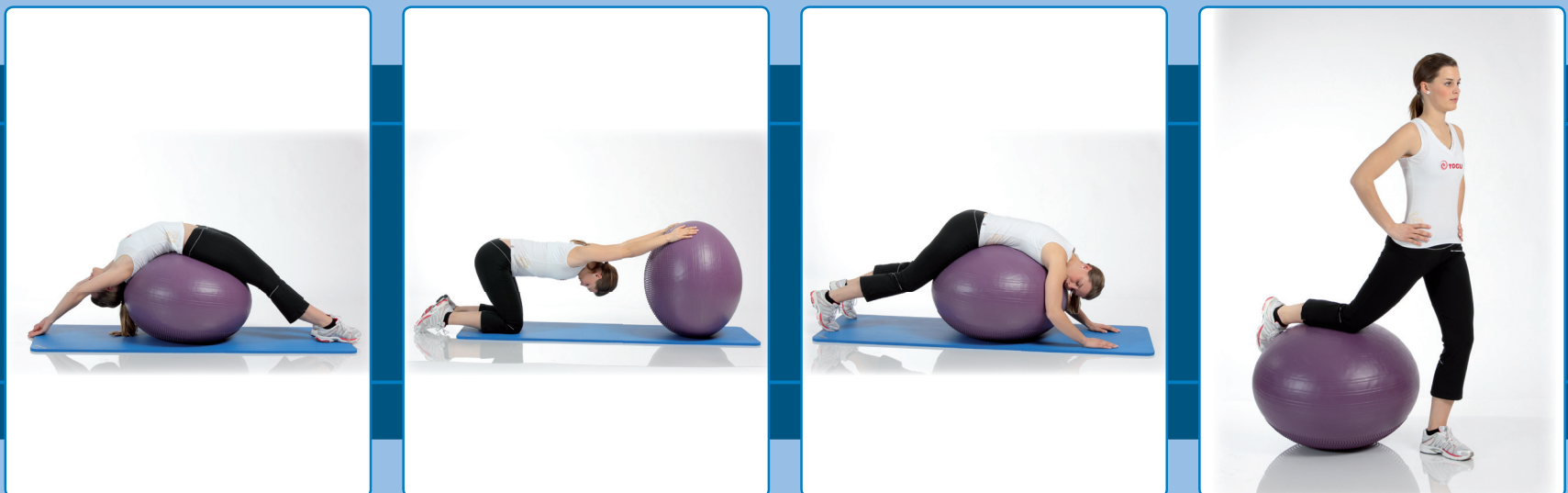
Start Position

Core

End Position



**Stretch
Relaxation**



Wiederholungen und Sätze jeder Übung
Repetitions and sets of each exercise

Start Position

End Position

**15-30
x
2-3**

