

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Aero-Step® Pro



2 Aero-Step® Pro



3 Aero-Step® Pro



4 Bodybone®



5 Dynair® Cardio Ballkissen®



6 Dynair® Cardio Ballkissen®



je Übung 1 Minute und 2-3 Wiederholungen

each exercise 1 minute and 2-3 repetitions