

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Aero-Step® XL



2 Aero-Step® XL



3 TOGU® Brasil®



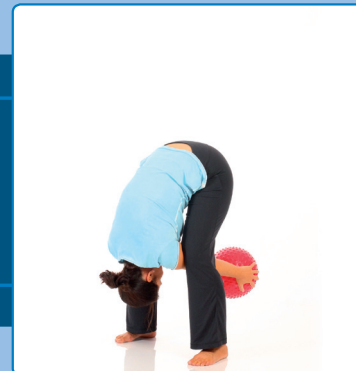
4 TOGU® Brasil®



5 Senso® Ball



6 Senso® Ball



je Übung 1 Minute und 2-3 Wiederholungen
each exercise 1 minute and 2-3 repetitions