

Workout

Start Position



End Position



Start Position



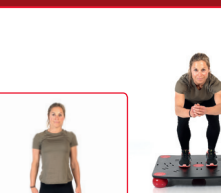
End Position



Start Position



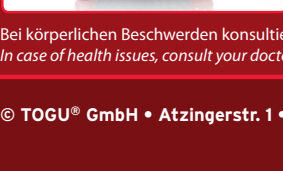
End Position



Start Position



End Position



Bei körperlichen Beschwerden konsultieren Sie Ihren Arzt oder Therapeuten.
In case of health issues, consult your doctor or therapist.