

Gesund Trainieren – 15-Minuten-Training healthy training – 15-minute-training

1 Senso® Matte



2 Senso® Matte



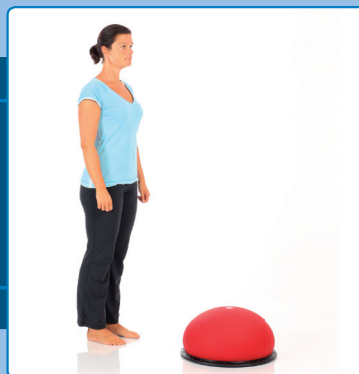
3 Senso® Matte & happyback® Relax-Nex®



4 Senso® Matte & happyback® Relax-Nex®



5 Jumper®



6 Jumper®



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