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Level 1 Level 2 Level 1 Level 2

Start Position

Legs / Glutes

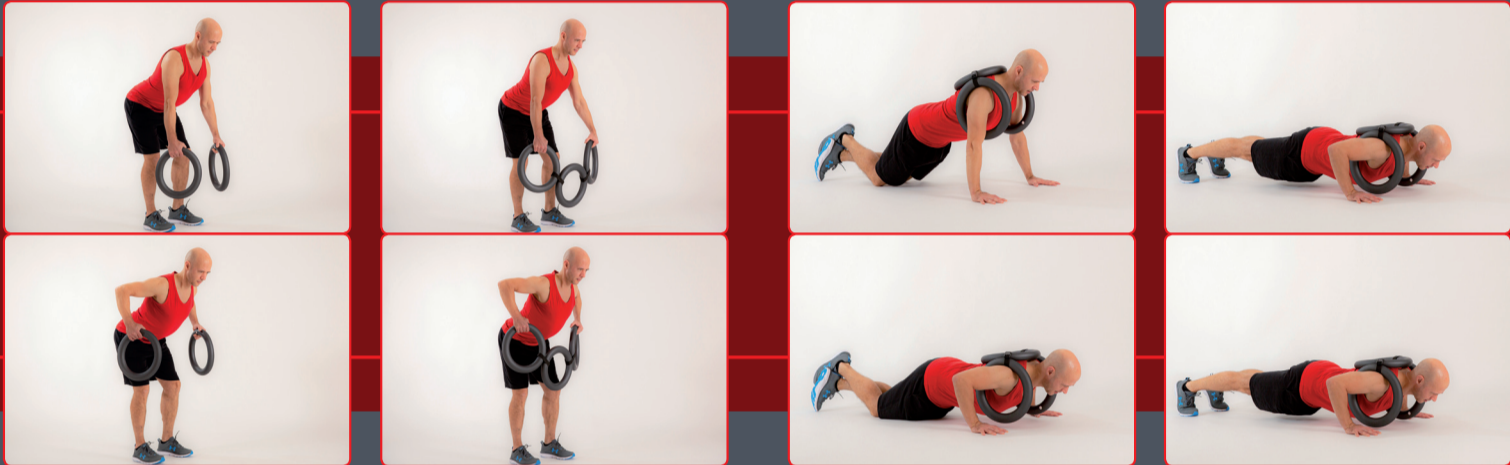
End Position



Start Position

Upper Body

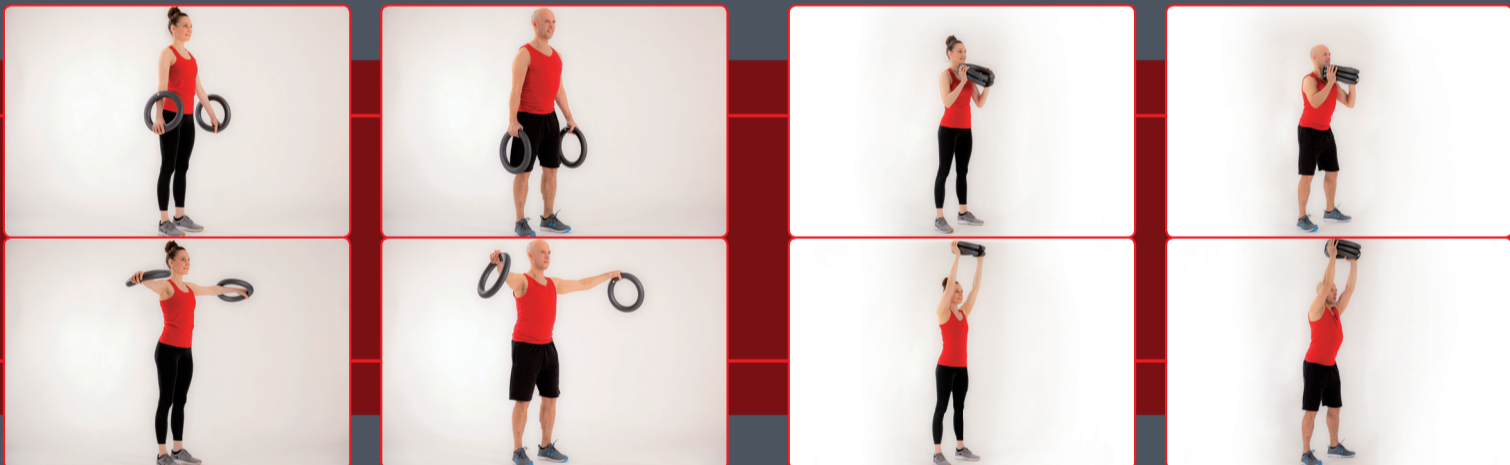
End Position



Start Position

Upper Body

End Position



Start Position

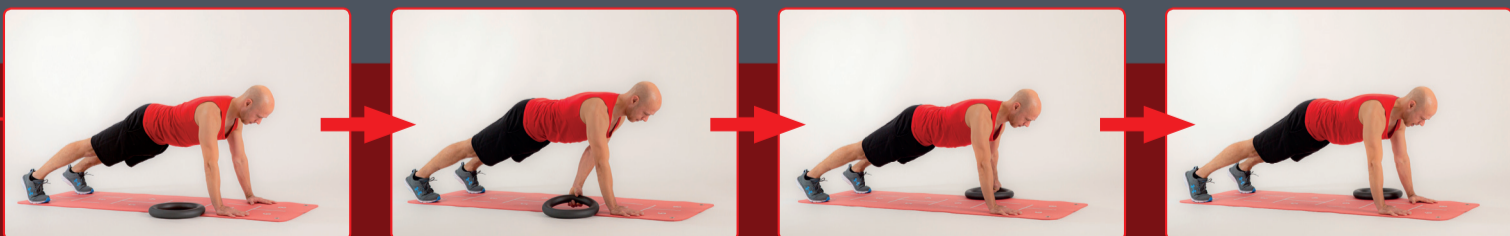
Abs & Core

End Position



Abs & Core

Challenge



Level 2: Gleiche Plank Kombination zzgl. 2 Ringe auf Rumpfhöhe auflegen



Basics



Start Position

10-20
x
1-3



End Position



*Repetitions and sets
of each exercise*

Increase Intensity:

Slower Movement / + Range of motion / + Set / + Duration



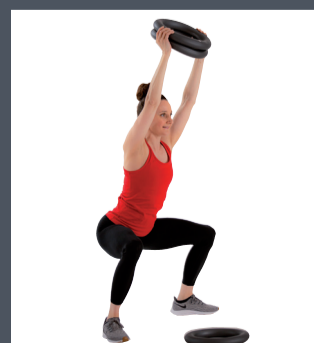
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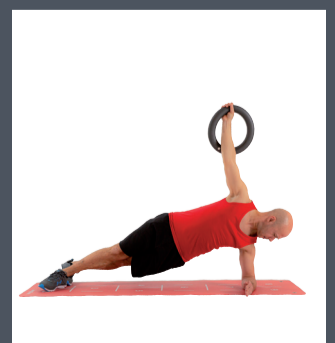
Basics and
Instruction



Training: Full
Body Workout



Training:
Abs & Core



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