

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

1 Aero-Step® Pro



2 Aero-Step® Pro



3 Aero-Step® Pro



4 Dynair® Cardio Ballkissen®



5 Dynair® Cardio Ballkissen®



6 TOGU® Medizinball

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