

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Dynair® Pro



2 Dynair® Pro



3 Balance Block



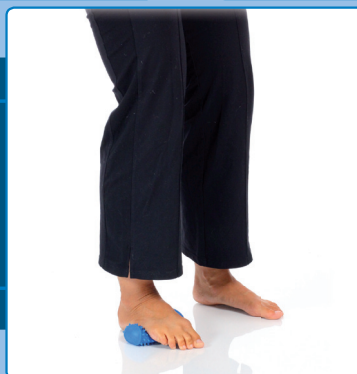
4 Balance Block



5 Bodyroll®



6 Bodyroll®



je Übung 1 Minute und 2-3 Wiederholungen

each exercise 1 minute and 2-3 repetitions