

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Aero-Step® Pro



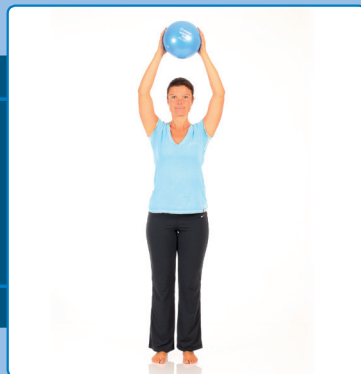
2 Aero-Step® Pro



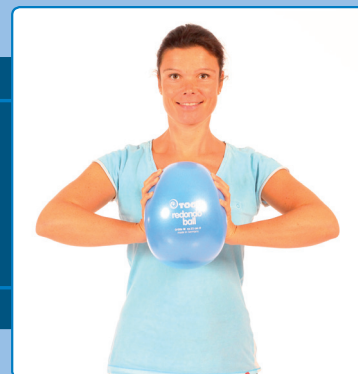
3 Aero-Step® Pro



4 Redondo® Ball



5 Redondo® Ball



6 happyback® Relax Nex®



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