

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Aero-Step® Pro



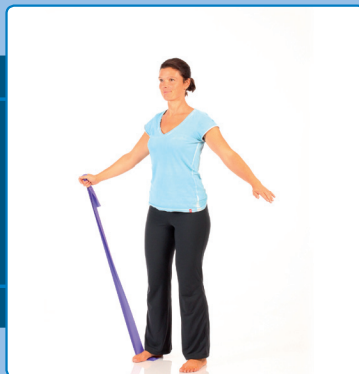
2 Aero-Step®



3 TOGU® Powerband



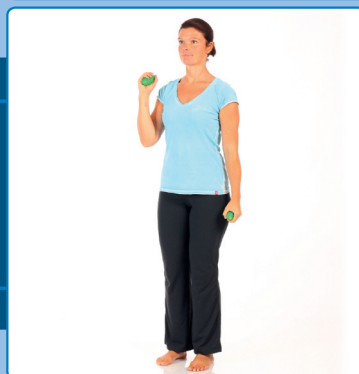
4 TOGU® Powerband



5 TOGU® Brasil®



6 TOGU® Brasil®



je Übung 1 Minute und 2-3 Wiederholungen

each exercise 1 minute and 2-3 repetitions