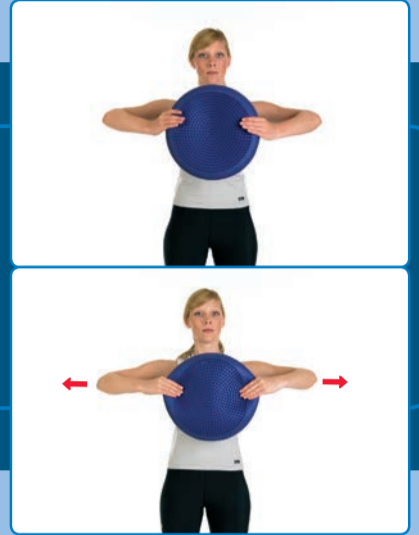


## Trainings Chart

Start Position



End Position



Start Position



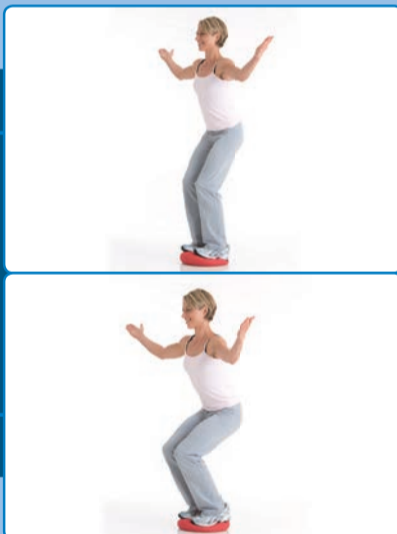
End Position



Start Position



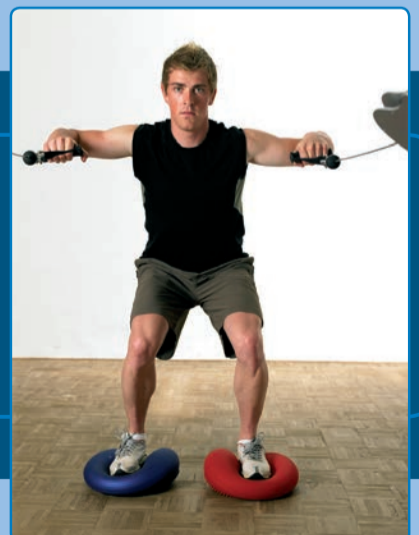
End Position



Start Position



End Position



Wiederholungen und Sätze jeder Übung  
Repetitions and sets of each exercise

Start Position

15-30  
X  
2-3

End Position