

Walddörfer SV



Hamburg


Namen-Workout




DEIN TÄGLICHES WORKOUT, UM FIT ZU BLEIBEN!

Turne 3x deinen Namen oder andere Wörter...


A	10 Hampelmänner	
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B	10 Kniebeugen	
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C	30sec. Plank	
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D	30sec. Wandsitzen	
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E	10 Situps	
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F	10 Strecksprünge	
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G	10 Hampelmänner	
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H	10 Kniebeugen	
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I	30sec. Plank	
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J	30sec. Hüpfen	
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K	10 Liegestütze	
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L	10 Hampelmänner	
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M	30sec. Wandsitzen	
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N	30sec. Wandsitzen	
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O	10 Strecksprünge	
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P	10 Liegestütze	
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Q	10 Situps	
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R	30sec. Hüpfen	
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S	30sec. Plank	
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T	10 Kniebeugen	
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U	30sec. Wandsitzen	
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V	30sec. Plank	
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W	10 Situps	
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X	10 Strecksprünge	
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Y	30sec. Hüpfen	
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Z	10 Hampelmänner	
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