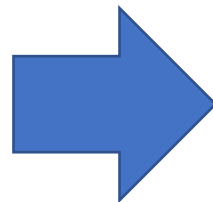


INDOOR WORKOUT



A 10 x Push-up



B 10 x Squat



Repeat 6 Times

C 10 x Leg Twist



H 1 min. Seilspringen



C 10 x Leg Twist



D 10 x Burpees



F 10 x Squat



E 10 x Push-up

