

FITNESS ADVENTSKALENDER

1. 20 LIEGESTÜTZE



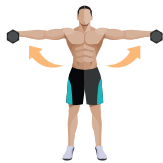
2. 30 FAHRRAD



3. 20 AUSFALLSCHRITTE



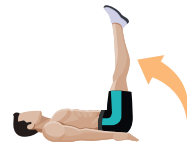
4. 30 SEITHEBEN



5. 60 SEKUNDEN AUF DER STELLE JOGGEN



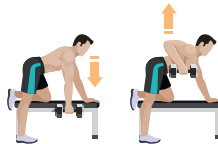
6. 20 BEINHEBEN



7. 30 KNIEBEUGEN



8. 20 ARMSTRECKEN



9. 30 SEKUNDEN PLANK



10. 20 CRUNCHES



11. 20 LIEGESTÜTZE



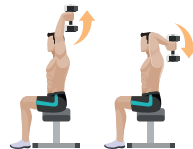
12. 20 TRIZEPS DIPS



13. 40 BRÜCKEN



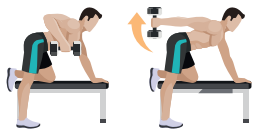
14. 30 ARMSTRECKEN



15. 30 SEKUNDEN PLANK



16. 30 ARMSTRECKEN



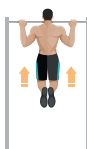
17. 30 SEKUNDEN PLANK



18. 30 FAHRRAD



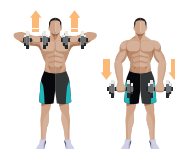
19. 10 KLIMMZÜGE



20. 20 AUSFALLSCHRITTE



21. 30 GEWICHTHEBEN



22. 20 TRIZEPS DIPS



23. 30 KNIEBEUGEN



24. 30 ARMBEUGEN

