

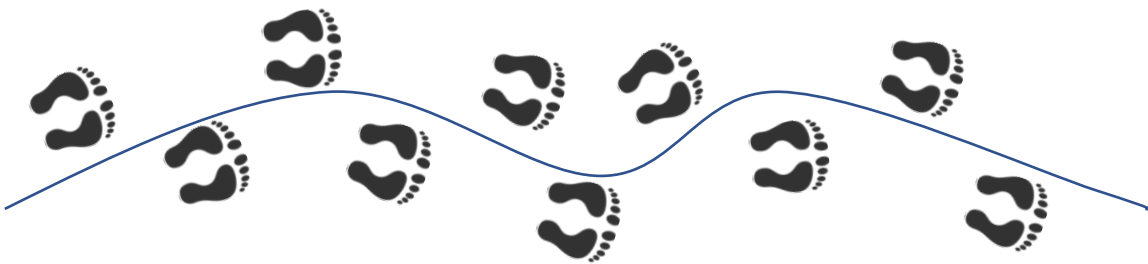
Springen am Gartenschlauch

Zum Aufwärmen:

- 5x Grätsche, Schere, Hocke
- 10x Hampelmann

Sprungtraining:

1.



2.



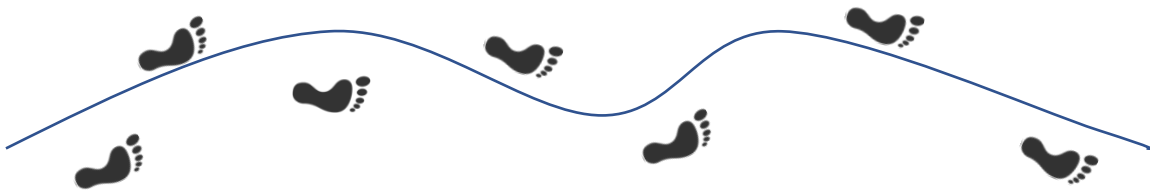
3.



4.



5.



6.

