

Flaschen



1. Stern - „Hantel“ zu den Füßen (3x10 je Seite)



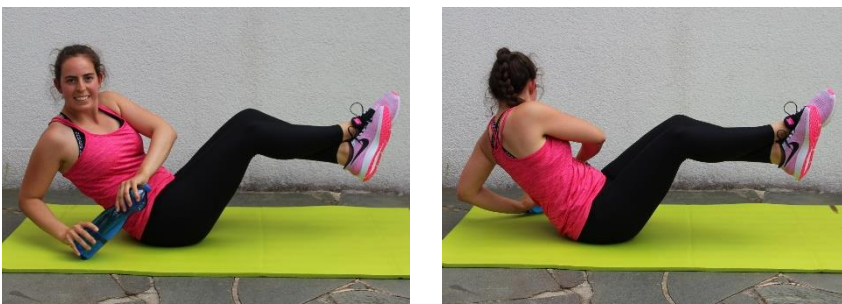
2. Kniebeuge (3x15)



3. Seitheben (3x10)



4. Russian Twist (3x20)



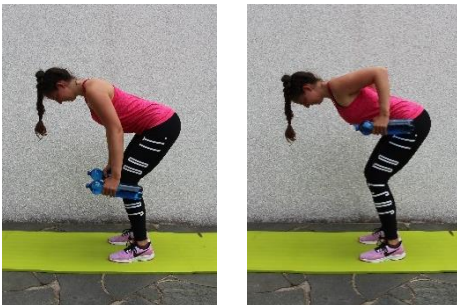
5. Schwimmer (3x20)



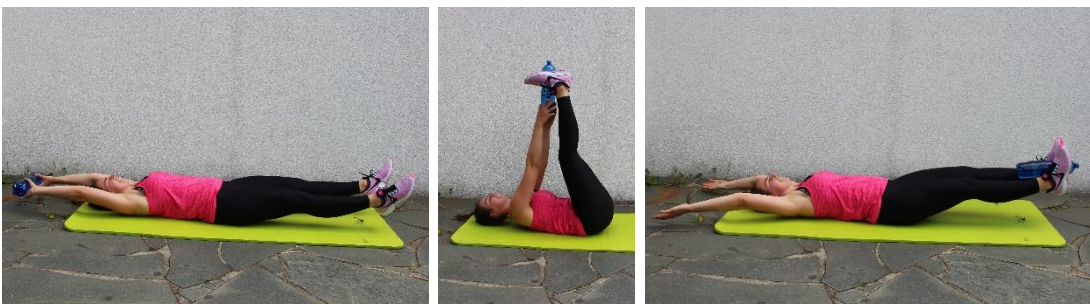
6. Ausfallschritte (3x10 je Seite)



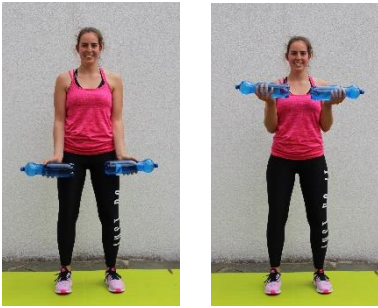
7. Rudern (3x10)



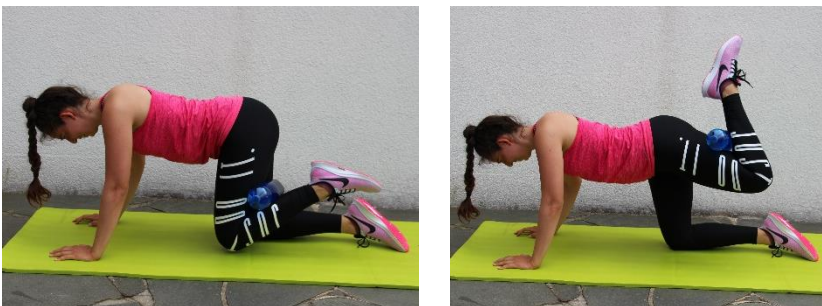
8. Übergabe (3x10)



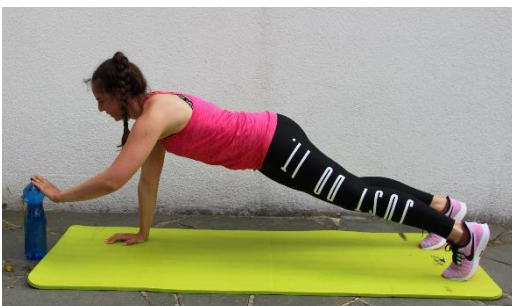
9. Biceps curls (3x15)



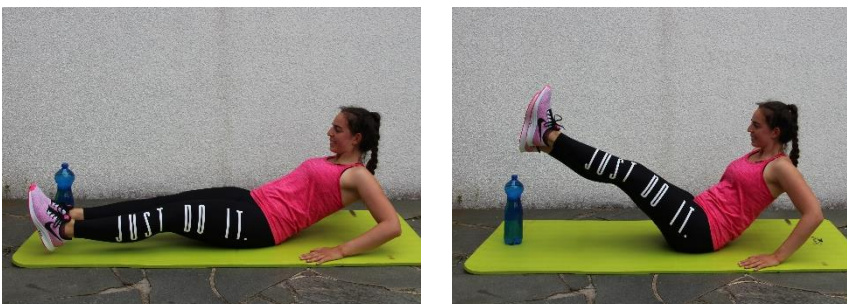
10. Donkey kick (3x10 je Seite)



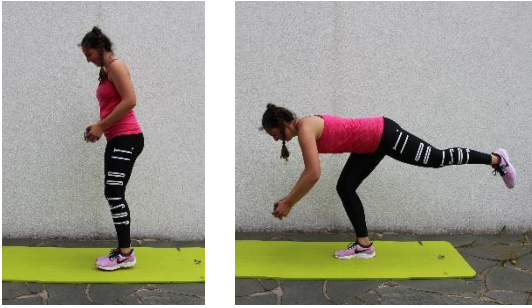
11. Stütz + Flaschentippen (3x10 je Seite)



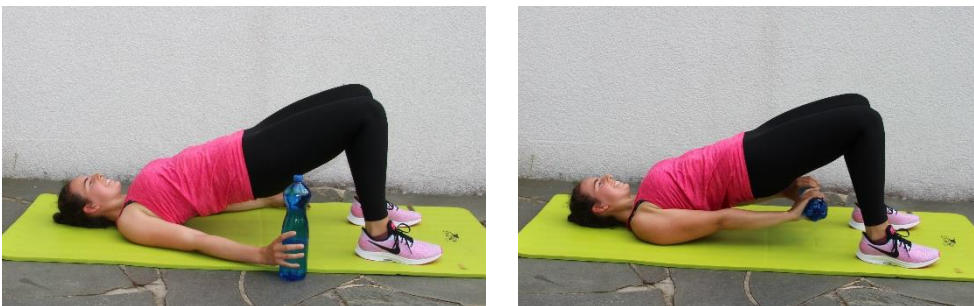
12. Beine über Flasche (3x10 li&re)



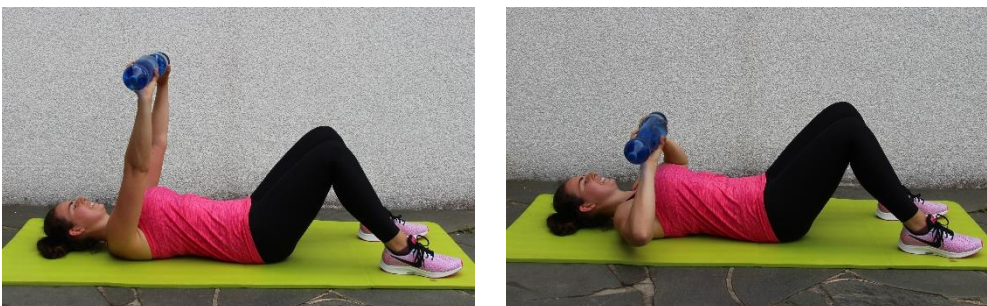
13. Standwaage (3x10 je Seite)



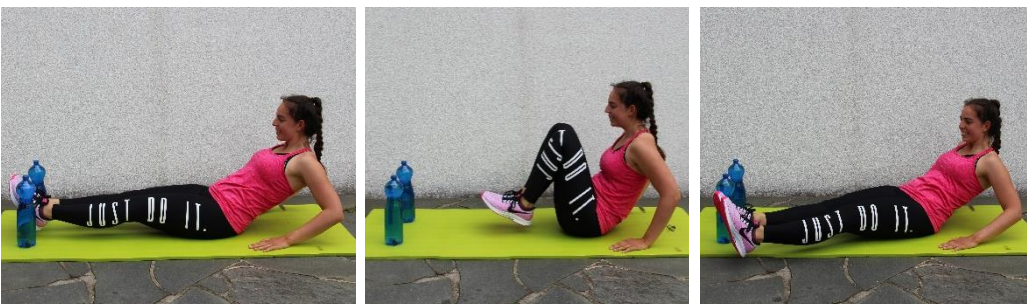
14. Bridging (3x10 hin&her)



15. Rückenlage - Flaschendrücken (3x15)



16. Flaschen V-ups (3x15)



Viel Spaß!