

# Full Body Workout II

## Warmup:

- Hampelmänner (2x1 min)

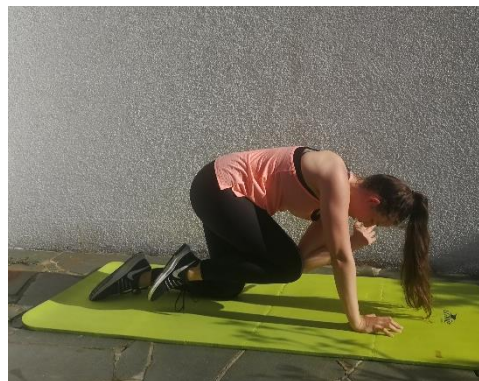


## Kräftigung:

1. Ausfallschritte (3x10 je Bein)



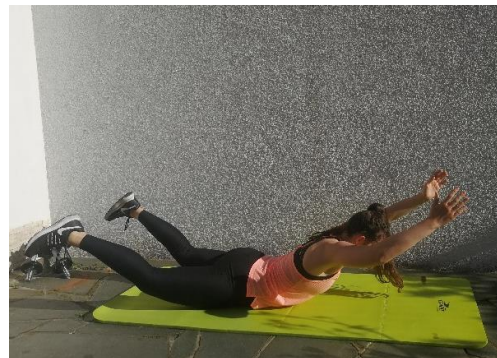
2. 4-Füßler - elbow to knee (3x10 je Bein)



### 3. Crunches (3x12)



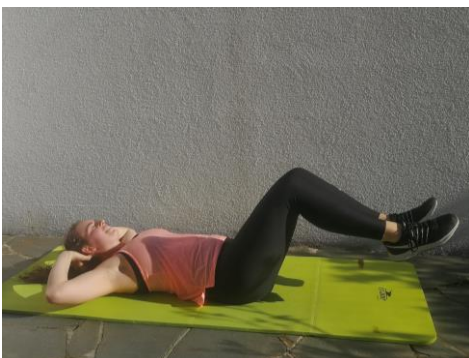
### 4. Superman (3x10)



### 5. Bridging - mit Zusatz (3x12)



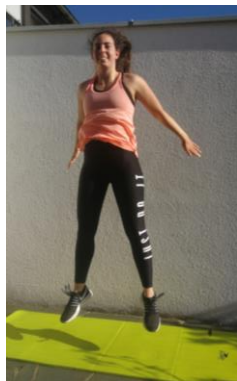
### 6. Sit up reverse (3x12)



## 7. Stütz - Plank (3x10)



## 8. Sumo Squat Sprünge (3x10)



**Auslockern - Dehne**

**Viel Spaß :)**