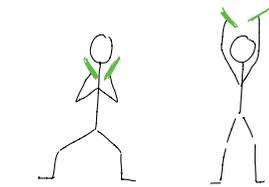


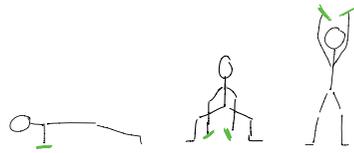
# azzurro

Das Sportstudio.

## WASSERFLASCHENWORKOUT



1. Thruster (15wdh)



Devil Press (15wdh)



ROWS (8wdh 1seite)

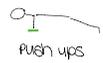


Push ups (AMRAP)

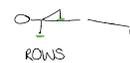


walking overhead lunges (8wdh. 1seite)

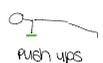
MANMAKER: (AMRAP)



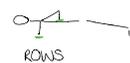
Push ups



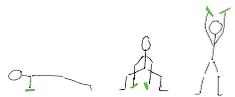
ROWS



Push ups



ROWS



Devil Press



Link zum Video:  
<https://youtu.be/XL-xHL9nbqE>