

azzurro

Das Sportstudio.

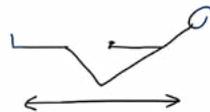
FINISHER

30 sec ON - 15 sec OFF

1. Runnings



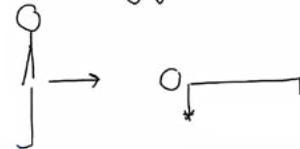
2. In & Outs



3. Squat jumps



4. Rangejumps



Link zum Video:
<https://youtu.be/wy5QvhEyMnI>