

# azzurro

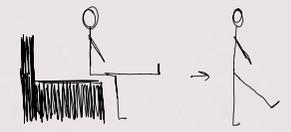
Das Sportstudio.



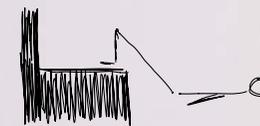
## SESSEL-WORKOUT



1. Squats vom Sofa



2. Fistel squats vom Sofa



3. Becken heben



4. Ausfallschritte



5. step ups



6. Plank / Liegestütz /  
Wand Liegestütz



7. Dips



7. crunches



8. crunches