

azzurro

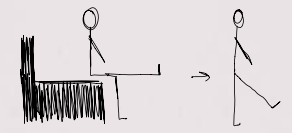
Das Sportstudio.



SESSEL-WORKOUT



1. Squats vom Sofa



2. Fistel squats vom Sofa



3. Becken heben



4. Ausfallschritte



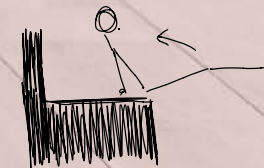
5. step ups



6. Plank / Liegestütz /
Wand Liegestütz



7. Dips



8. Crunches



9. Crunches