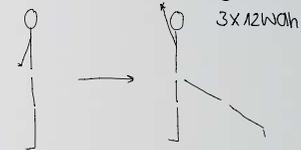
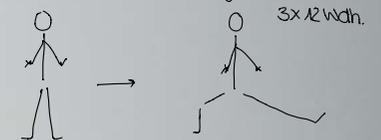


## SOCKEN-WORKOUT

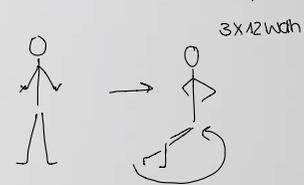
1. Reverse sock lunge



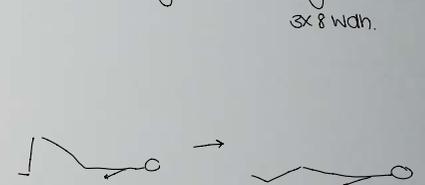
2. Lateral sock lunge



3. Wipe sock sweep

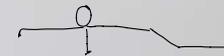


4. Double leg hamstring curl



5. Single Arm Sliding Push-up

3x 6 wdh. / seite



6. Bear Glide

6 Schritte vor  
6 Schritte zurück



7. Bear Tuck to Pike to Open

3x 8 wdh.

