

azzurro

Das Sportstudio.

THERABAND - BASICS



1. Kreuzheben



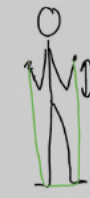
2. Rudern



3. Ausfallschritte



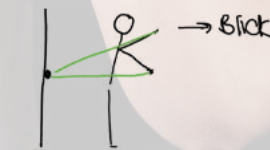
5. Kniebeugen



6. Bizeps



7. Trizeps



8. Brust



9. Oberer Rücken



10. Latzug



11. Latflex



12. Bauch