

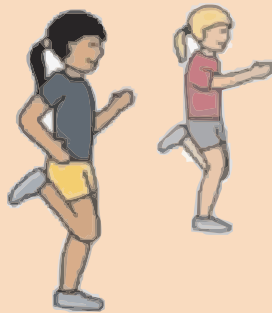
Bewegungswürfel

Dein Fitness- programm für zu Hause

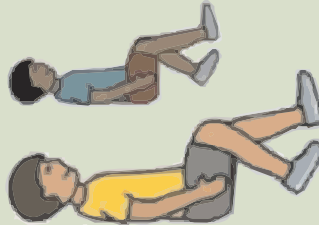
**arbeite min.
20 Minuten**



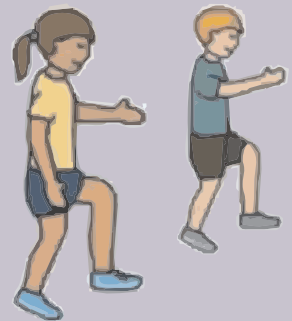
20x Hampelmann



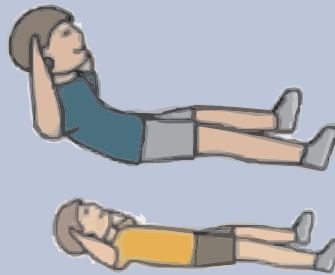
20x Beinanschlag
hinten



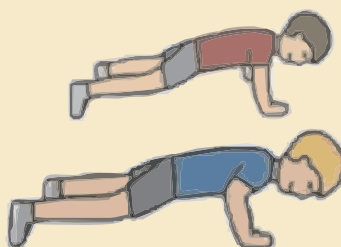
20x Fahrradfahren



20x Kniehebelauf



20 x Sit up



20 x Liegstütz