

# TOGU® Functional Training

## Abs

START POSITION



Dynair® Ballkissen®

3 x 20 sec



END POSITION



## Back

START POSITION

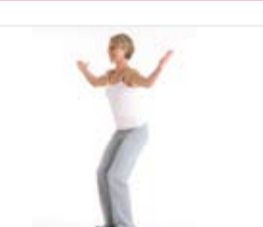
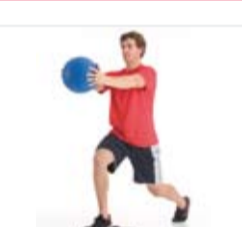


END POSITION



## Glutes | hamstrings

START POSITION



END POSITION



## Shoulder | arms

START POSITION



END POSITION



## Core

START POSITION



END POSITION

