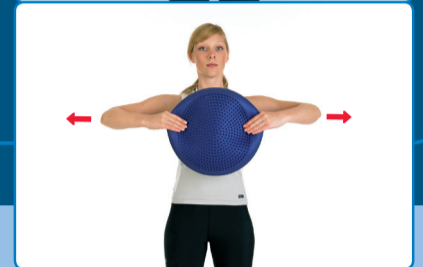


Trainings Chart

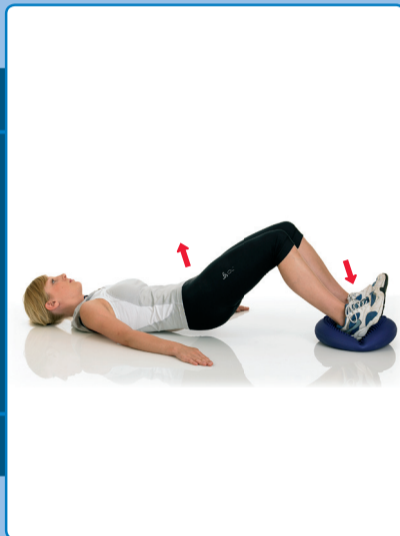
Start Position

End Position



Start Position

End Position



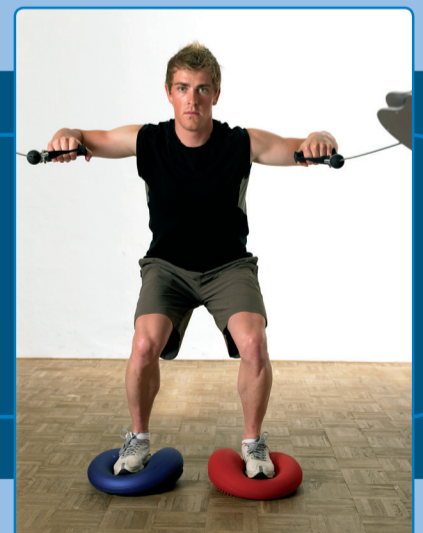
Start Position

End Position



Start Position

End Position



Wiederholungen und Sätze jeder Übung
Repetitions and sets of each exercise

Start Position

End Position

15-30
x
2-3