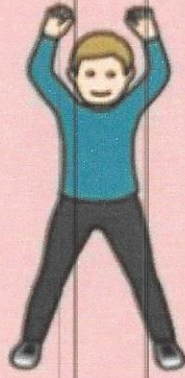


# BEWEGUNGS- WÜRFEL

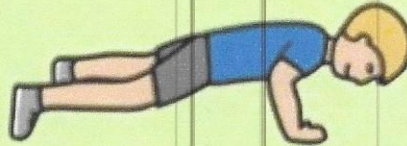
FÜR ZUHAUSE



Hampelmann



Kniebeuge



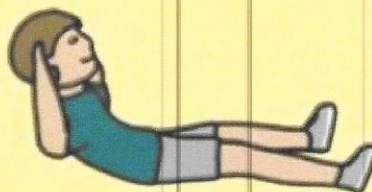
Liegestütze



Kniehebelauf



Anfersen



Sit-Ups