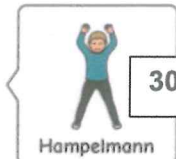



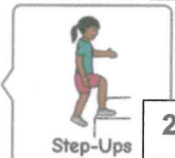
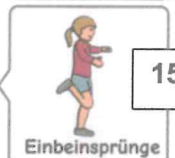




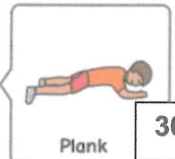

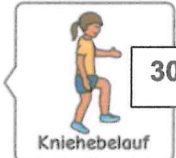
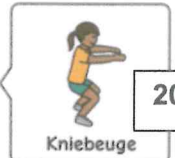
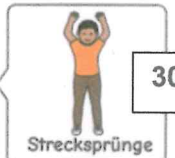
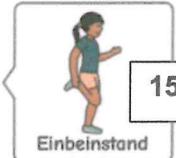

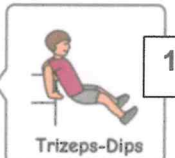

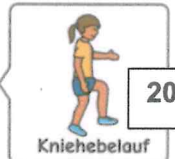
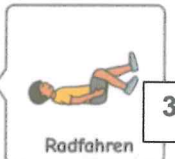



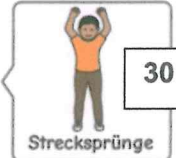
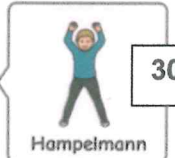


# BUCHSTABENWORKOUT

<b>A</b>	 Hampelmann 30 sec	<b>J</b>	 Radfahren 30 sec	<b>S</b>	 Plank 30 sec
<b>B</b>	 Anfersen 30 sec	<b>K</b>	 Step-Ups 20 sec	<b>T</b>	 Einbeinsprünge 15x
<b>C</b>	 Kniebeuge 30x	<b>L</b>	 Anfersen 30 sec	<b>U</b>	 Wandsitz 30 sec
<b>D</b>	 Trizeps-Dips 10x	<b>M</b>	 Plank 30 sec	<b>V</b>	 Liegestütze 10x
<b>E</b>	 Kniehebelauf 30 sec	<b>N</b>	 Kniebeuge 20x	<b>W</b>	 Strecksprünge 30 sec
<b>F</b>	 Einbeinstand 15 sec	<b>O</b>	 Sit-Ups 15x	<b>X</b>	 Trizeps-Dips 10x
<b>G</b>	 Liegestütze 10x	<b>P</b>	 Kniehebelauf 20 sec	<b>Y</b>	 Radfahren 30 sec
<b>H</b>	 Sit-Ups 15x	<b>Q</b>	 Step-Ups 20 sec	<b>Z</b>	 Wandsitz 30 sec
<b>I</b>	 Strecksprünge 30 sec	<b>R</b>	 Hampelmann 30 sec		