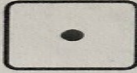

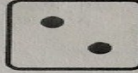
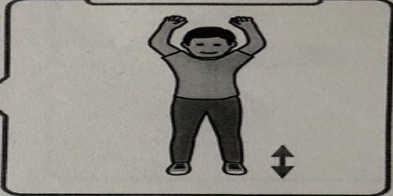

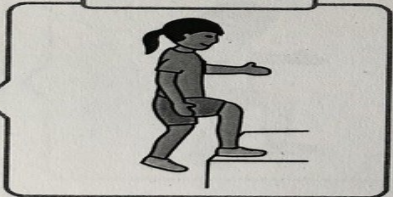
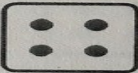
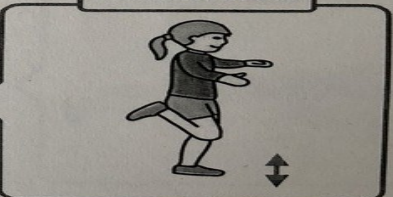

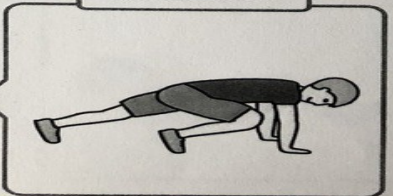
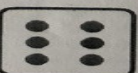
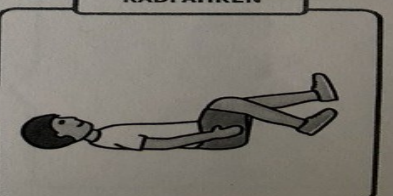




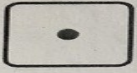
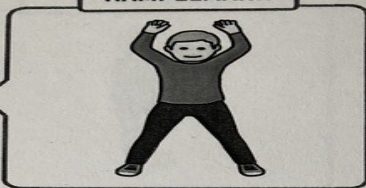
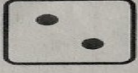
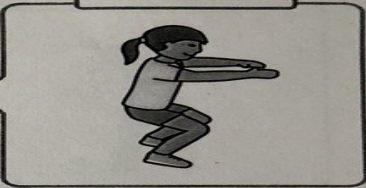
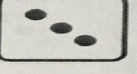

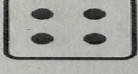
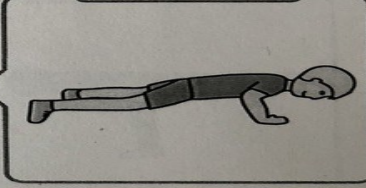
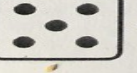
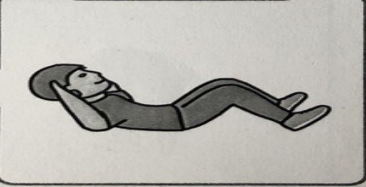
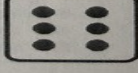


Vielleicht mal was für dich und deine Geschwister?

## WÜRFEL-WORKOUT

	<b>TRIZEPS-DIPS</b> 		<b>STRECKSPRÜNGE</b> 
	<b>STEP-UPS</b> 		<b>EINBEINSPRÜNGE</b> 
	<b>BERGSTEIGER</b> 		<b>RADFAHREN</b> 

## WÜRFEL-WORKOUT

	<b>HAMPELMANN</b> 		<b>KNIEBEUGE</b> 
	<b>KNIEHEBELAUF</b> 		<b>LIEGESTÜTZE</b> 
	<b>CRUNCHES</b> 		<b>ANFERSEN</b> 