

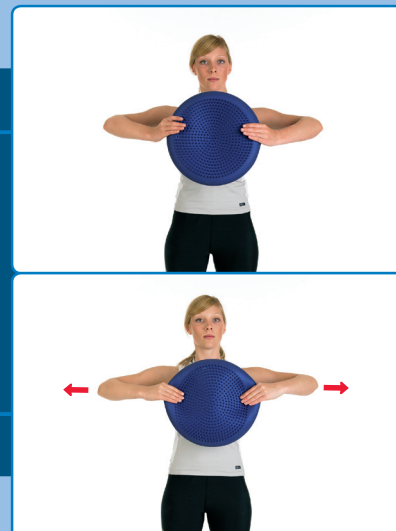
Trainings Chart

Art.Nr. 1283004
1284007

Start Position



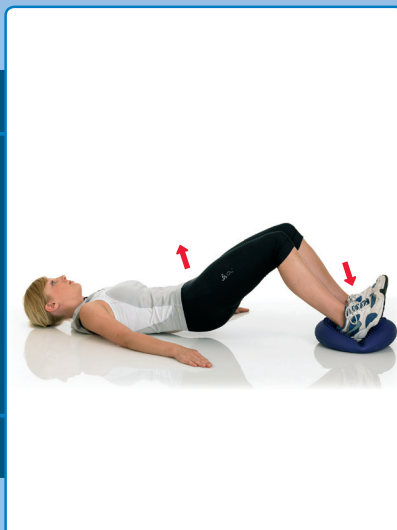
End Position



Start Position



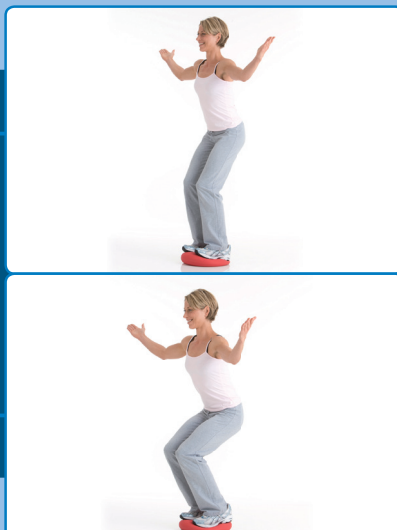
End Position



Start Position



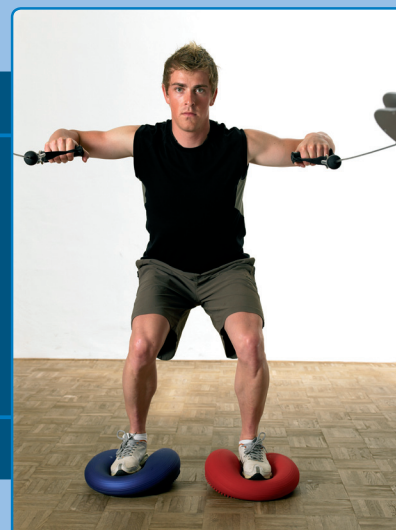
End Position



Start Position

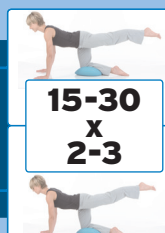


End Position



Wiederholungen und Sätze jeder Übung
Repetitions and sets of each exercise

Start Position



15-30
x
2-3

End Position