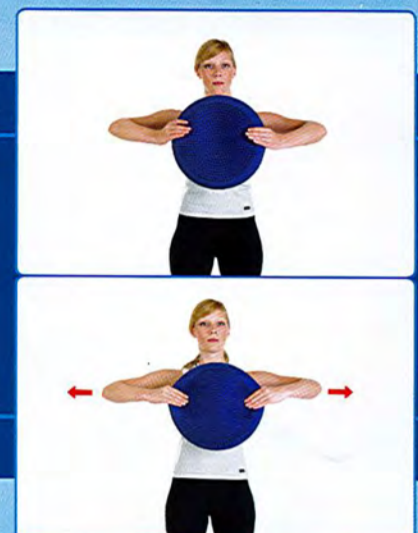


Trainings Chart

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