

4 MINUTEN FETT VERBRENNENDE

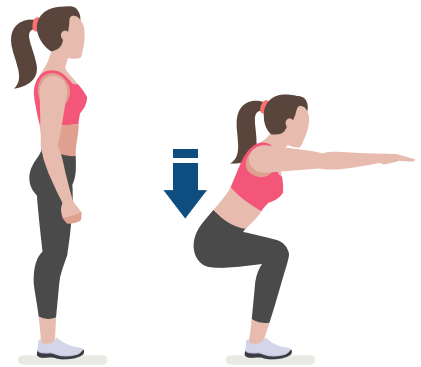
TABATA

ÜBUNGEN

ANFÄNGER



Jumping Jacks



Squats

2 Runden

20 Sekunden Übung

10 Sekunden Pause



Mountain Climbers



Glute March