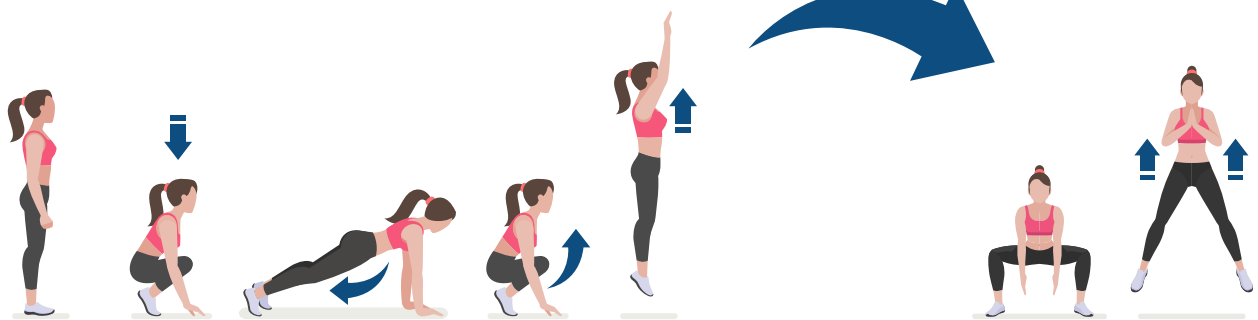


4 MINUTEN FETT VERBRENNENDE

# TABATA

ÜBUNGEN

FORTGESCHRITTENE



Burpees

Squat Jumps

2 Runden

20 Sekunden Übung

10 Sekunden Pause



Mountain Climbers

Inch Worm