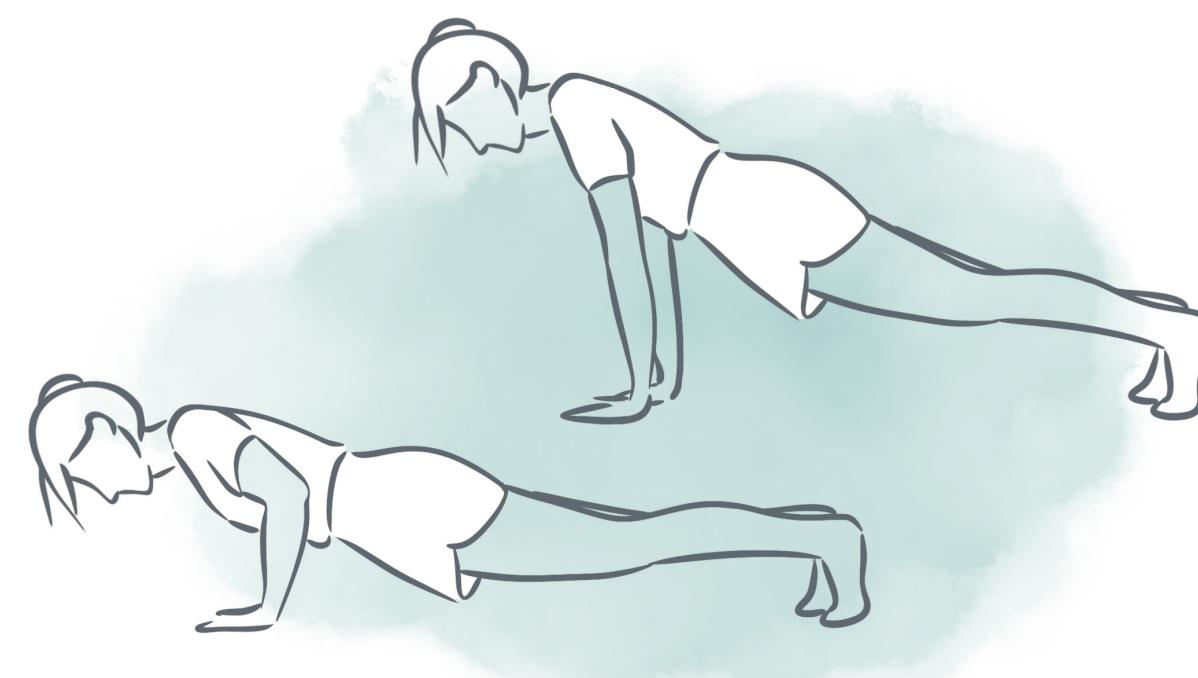


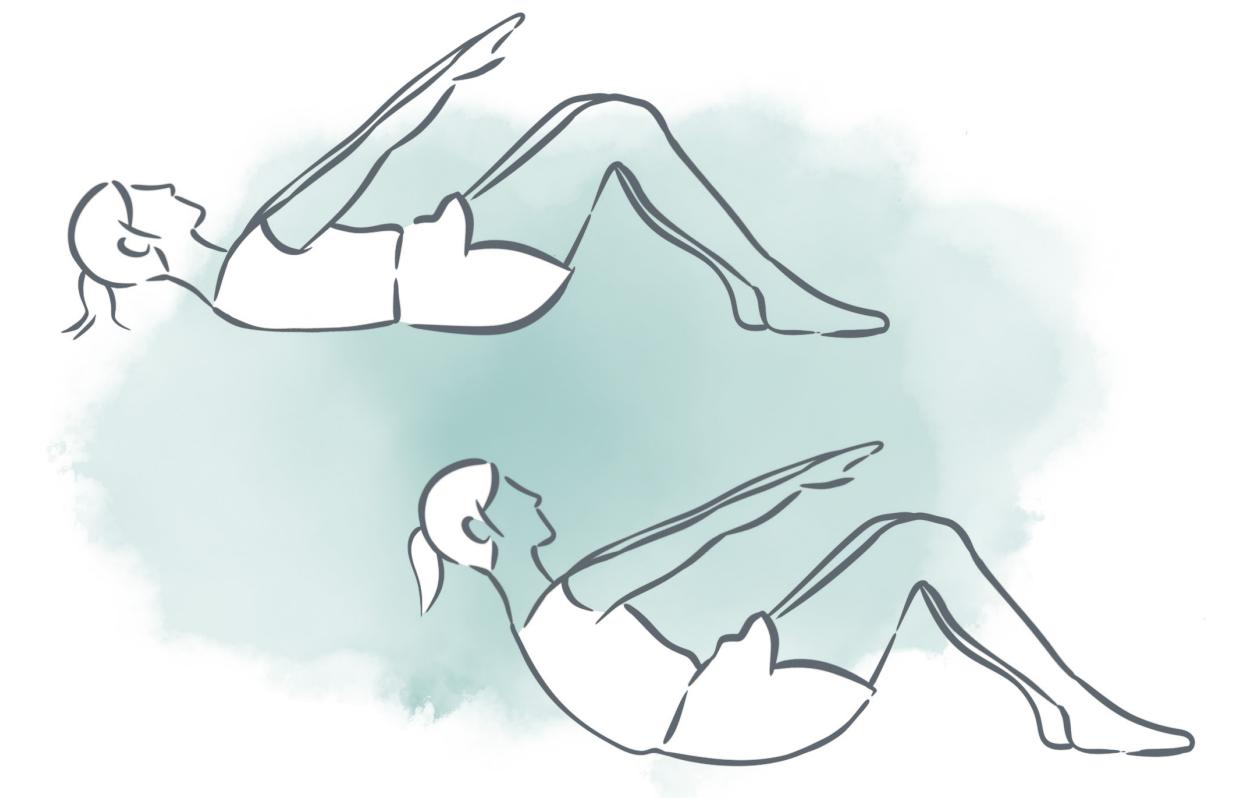
1. Hampelmann



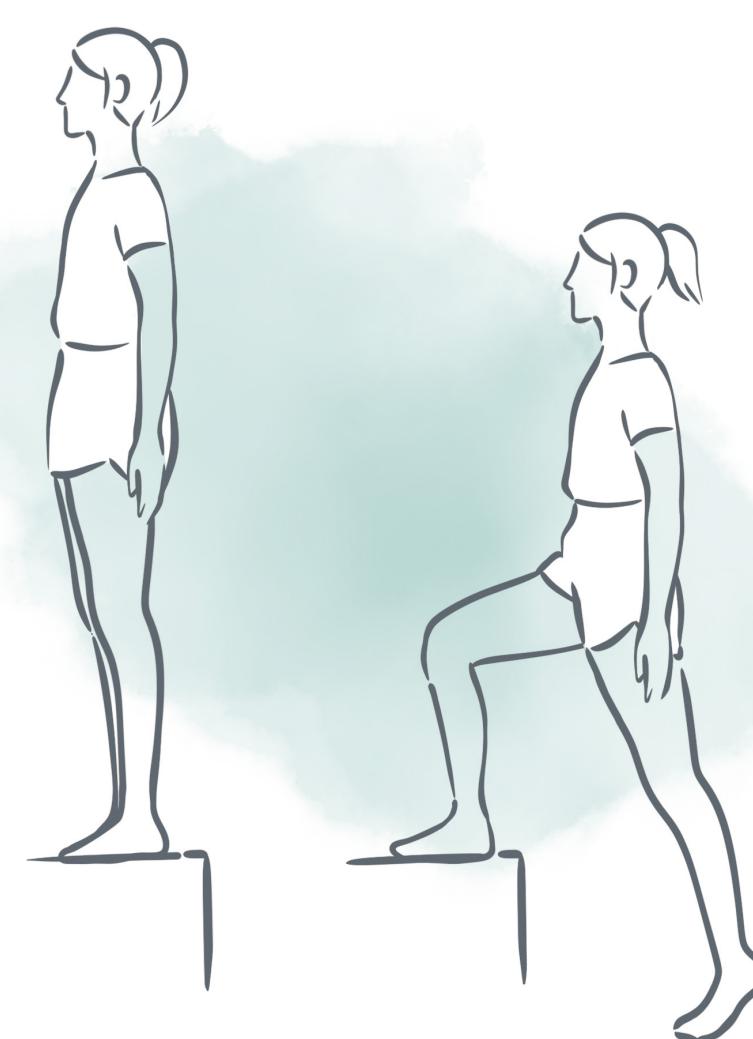
2. Wandsitz



3. Liegestütze



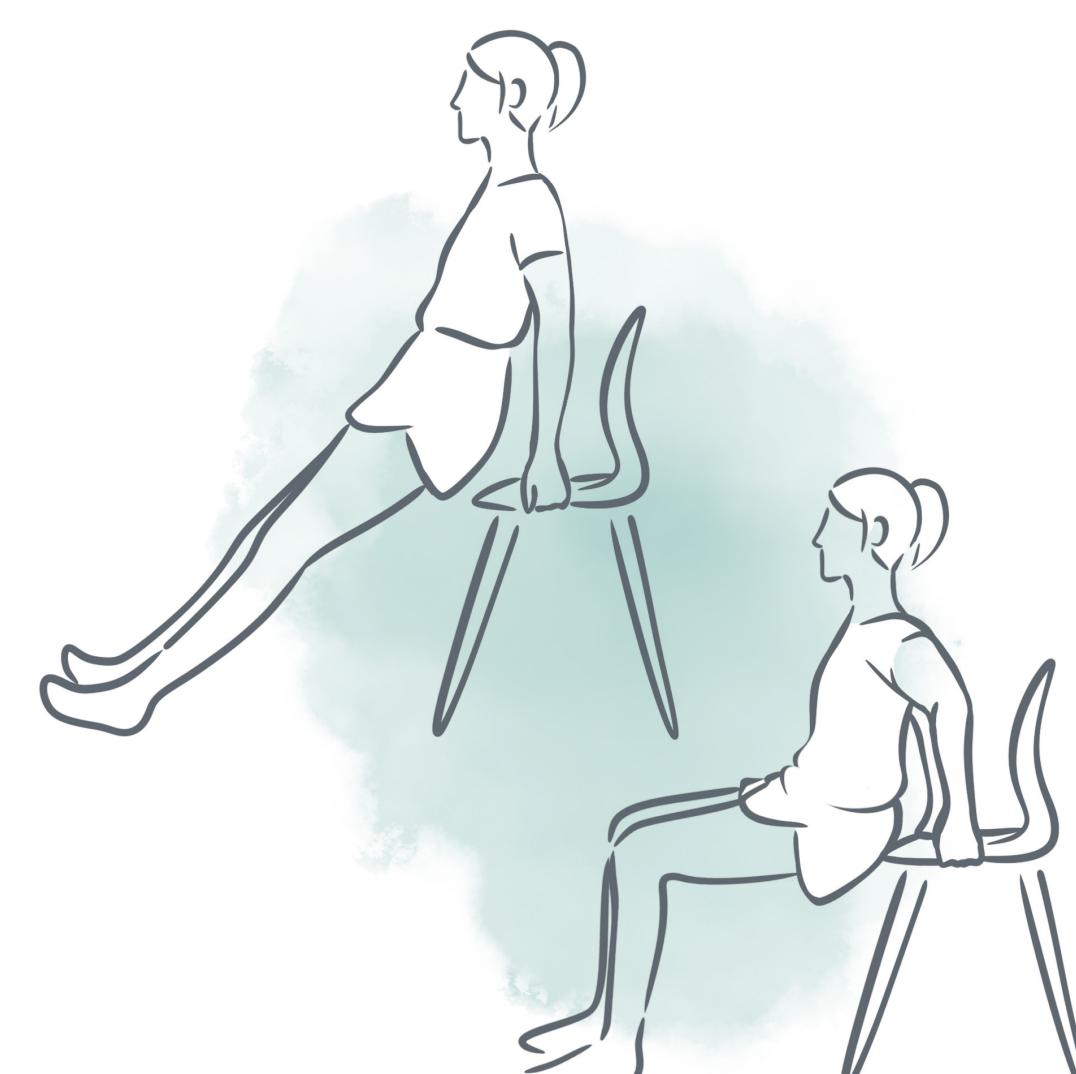
4. Bauch-Crunches



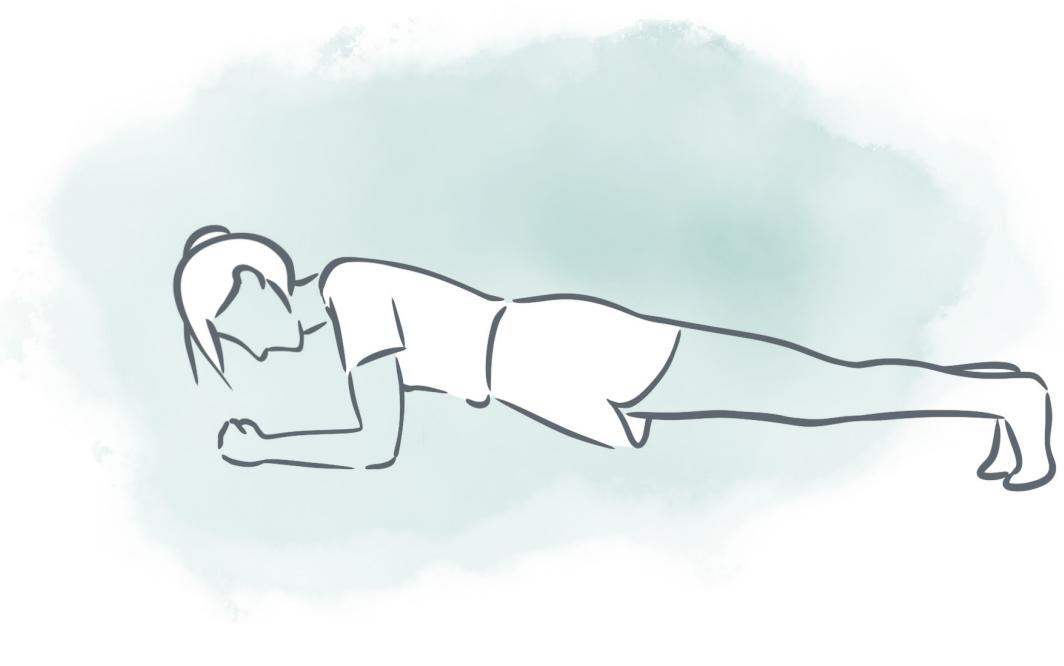
5. Step-up



6. Kniebeuge



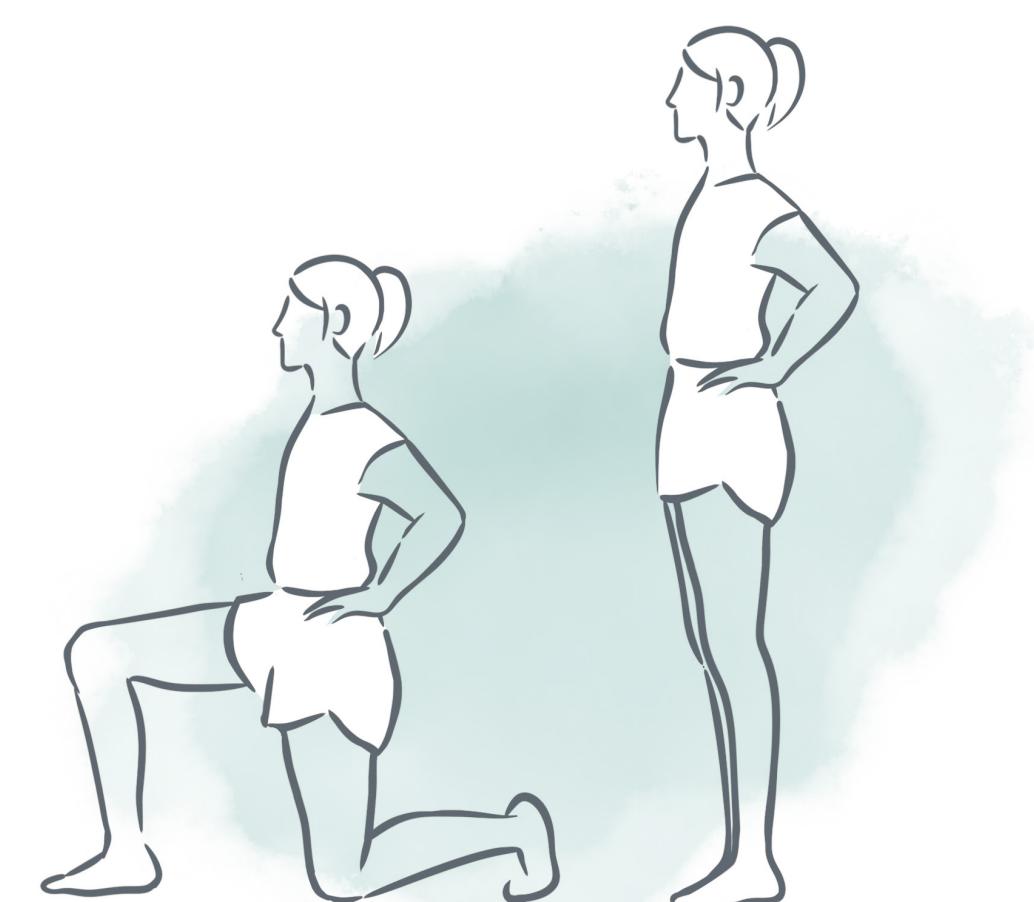
7. Trizeps-Dips



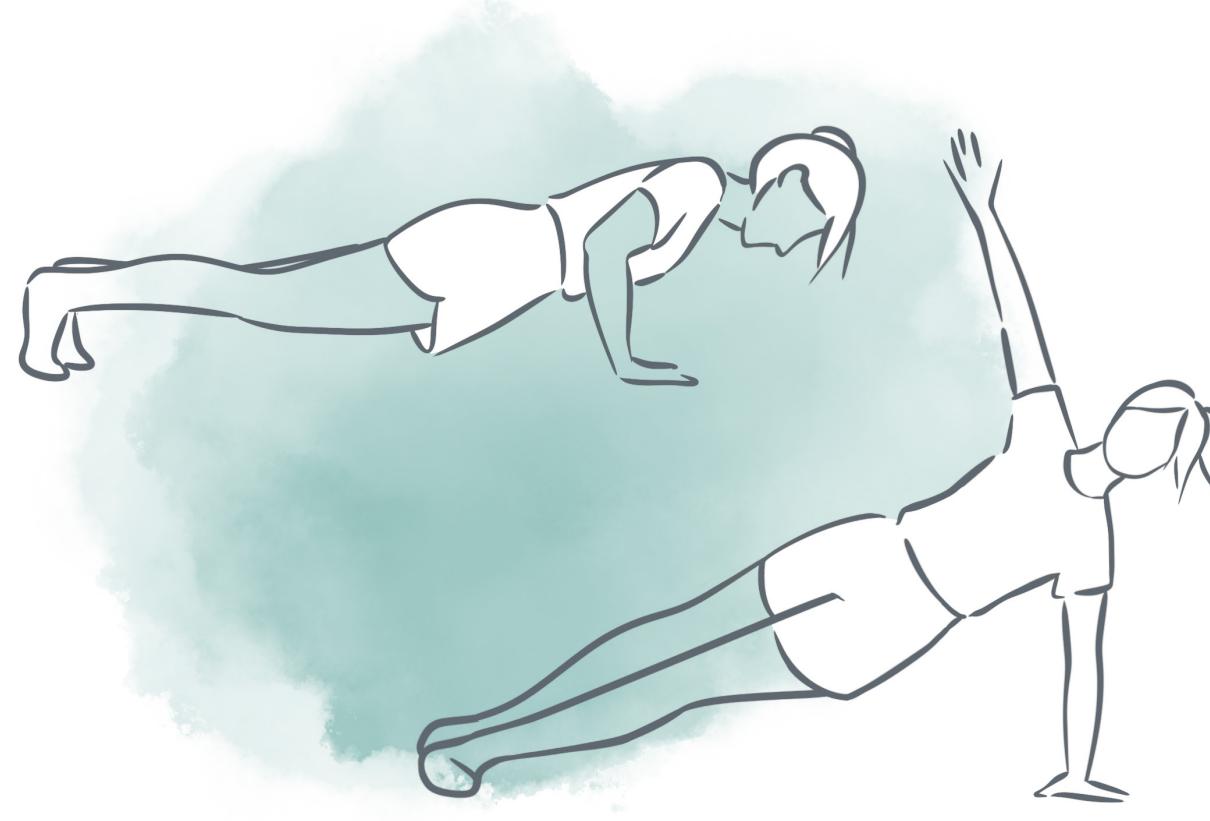
8. Unterarmstütz



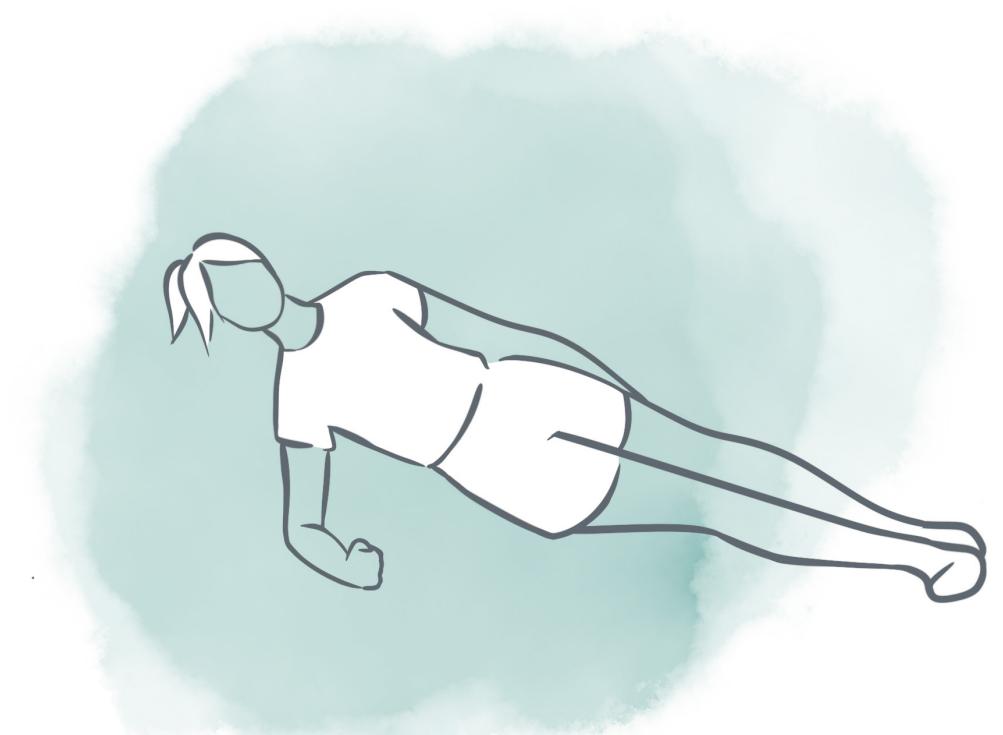
9. Kniehebelauf am Platz



10. Ausfallschritt



11. Liegestütz mit Rotation



12. Seitstütz