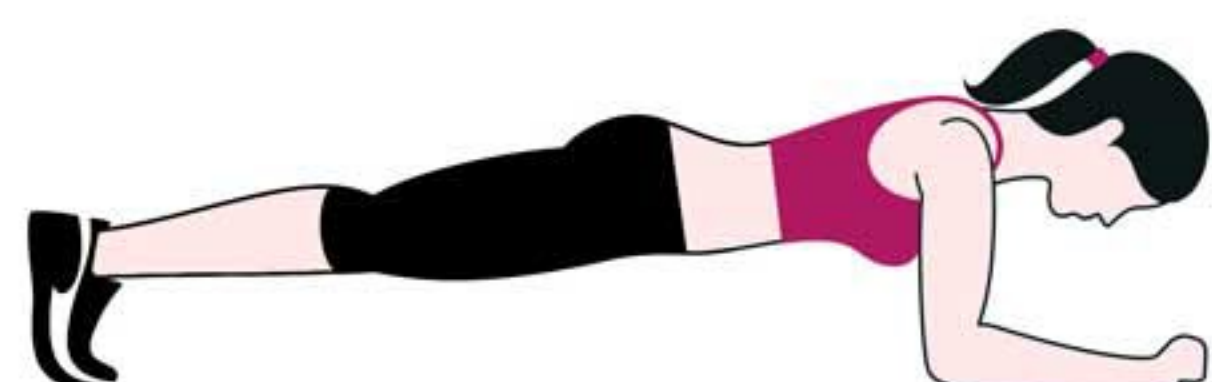


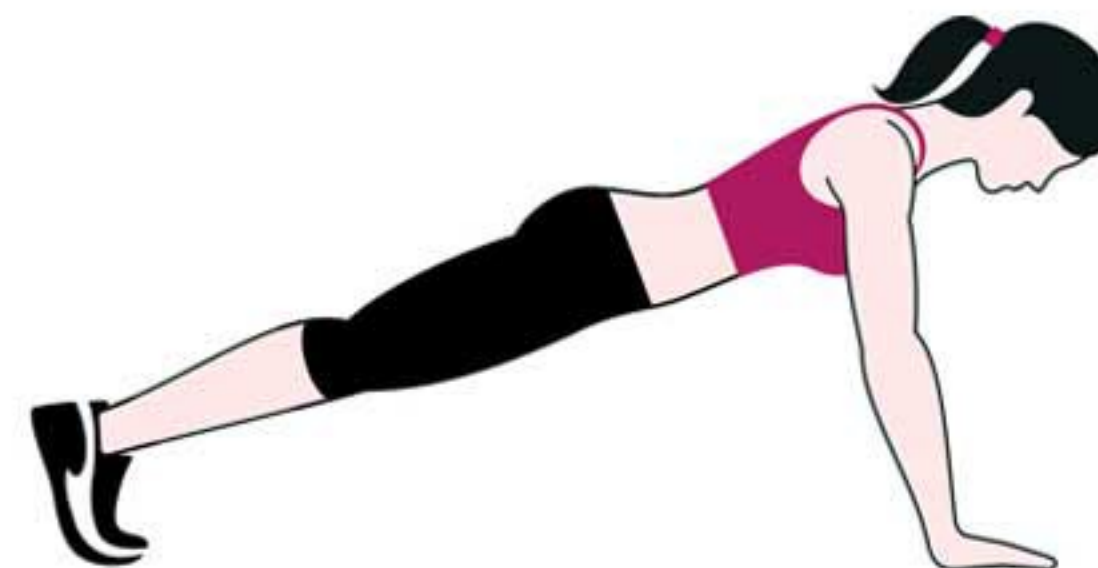
4 Wochen Muffin Top Challenge



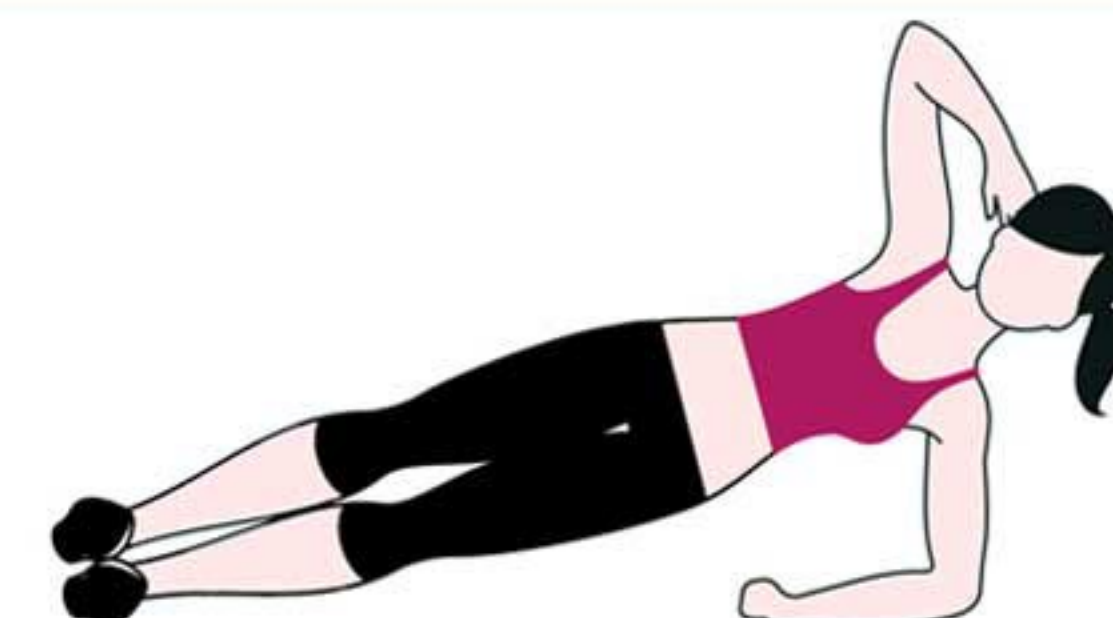
DONKEY KICKS



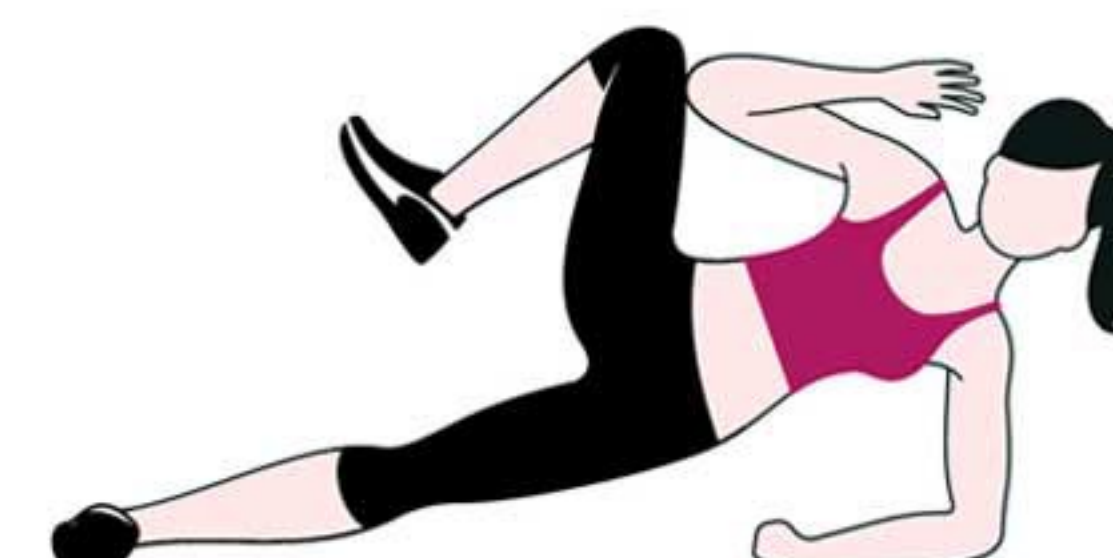
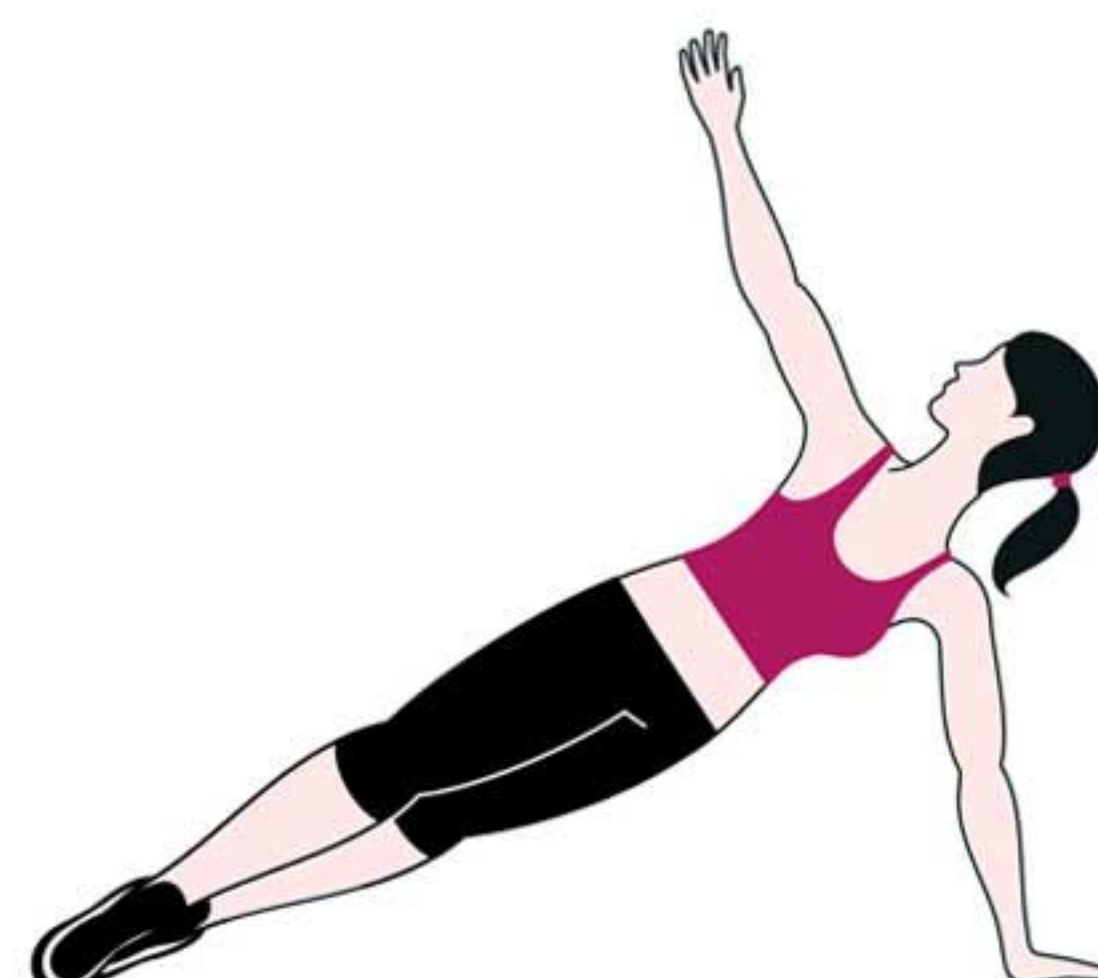
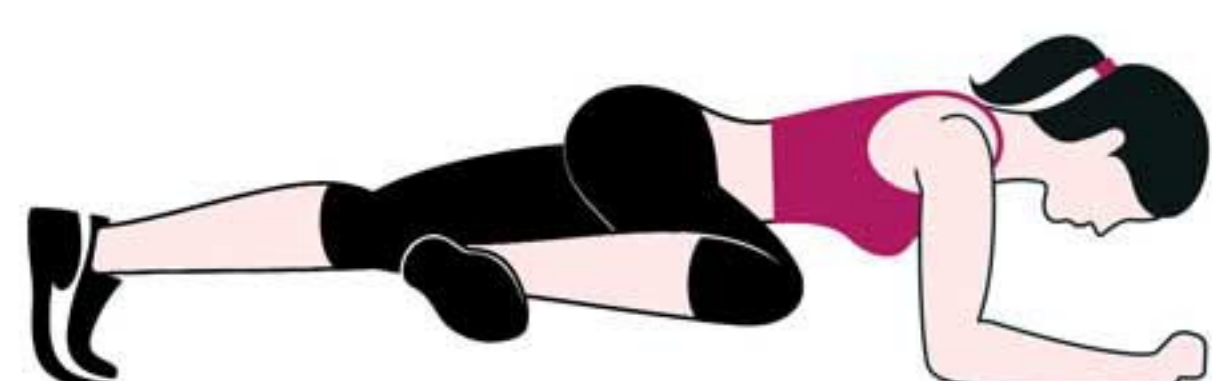
SPIDERMAN PLANK



SIDE PLANK T



SIDE PLANK CRUNCH



SIDE PLANK LEG LIFT



REVERSE PLANK



RUSSIAN TWIST



BICYCLE CRUNCH



WOCHE 1 >> je Übung & Seite 30 Sek.

WOCHE 2 >> je Übung & Seite 40 Sek.

WOCHE 3 >> je Übung & Seite 50 Sek.

WOCHE 4 >> je Übung & Seite 60 Sek.

Trainingspause an den Wochenenden

gefeminin