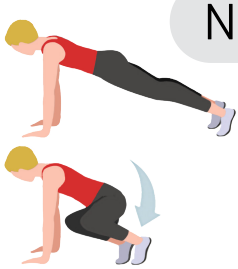
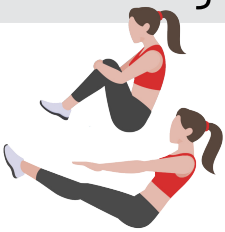
sportunion döbling

November Herausforderung





	Anhocken r/l	Beinheben	Bauchübung
	tuck-twistjump	leg raises	v crunch
Tag 1	5	2	2
Tag 2	5	4	4
Tag 3	5	6	6
Tag 4	10	8	8
Tag 5	10	10	10
Tag 6	10	12	12
Tag 7	15	14	14
Tag 8	15	16	16
Tag 9	15	18	18
Tag 10	20	20	20
Tag 11	20	22	22
Tag 12	20	24	24
Tag 13	25	26	26
Tag 14	25	28	28
Tag 15	25	30	30
Tag 16	30	32	32
Tag 17	30	34	34
Tag 18	30	36	36
Tag 19	35	38	38
Tag 20	35	40	40
Tag 21	35	42	42
Tag 22	40	44	44
Tag 23	40	46	46
Tag 24	40	48	48
Tag 25	45	50	50
Tag 26	45	52	52
Tag 27	45	54	54
Tag 28	50	56	56
Tag 29	50	58	58
Tag 30	50	60	60