

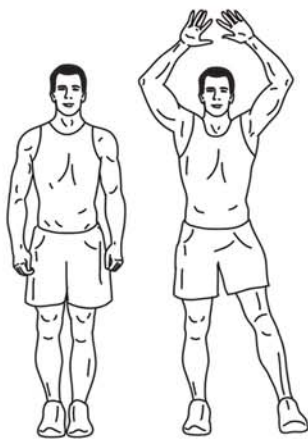
.. WORKOUT FÜR ZU HAUSE

MADE by DAREBEE © darebee.com

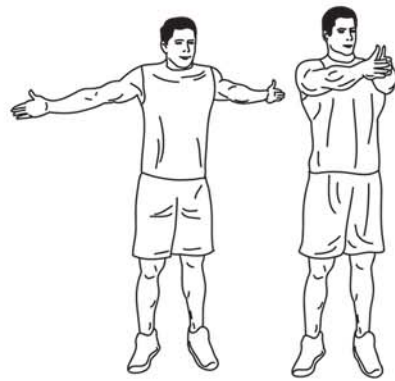
5 Wiederholungen insgesamt - Bis zu 2 Minuten Pause



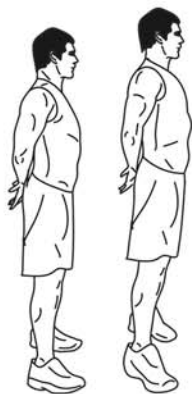
10 Hüftkreisel



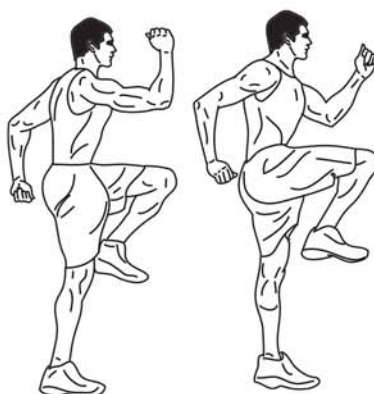
10 einfache Hampelmänner



10 Brustdehner



10 Wadenheber



10 Marschierer