

Gesund Trainieren – 15-Minuten-Training

healthy training – 15-minute-training

1 Dynair® Pads



2 Dynair® Pads



3 Noppenball lang



4 Noppenball lang



5 Senso® Massage Pad



6 Senso® Massage Pad



je Übung 1 Minute und 2-3 Wiederholungen
each exercise 1 minute and 2-3 repetitions