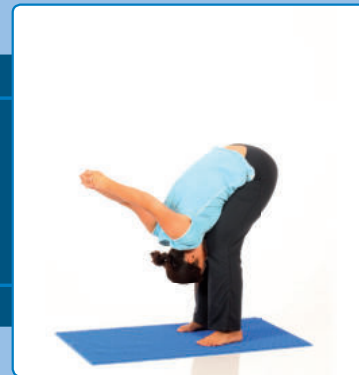


## Gesund Trainieren – 15-Minuten-Training healthy training – 15-minute-training

**1** Senso®  
Matte



**2** Senso®  
Matte



**3** Senso®  
Matte &  
happyback® Relax-Nex®



**4** Senso®  
Matte &  
happyback® Relax-Nex®



**5** Jumper®



**6** Jumper®



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