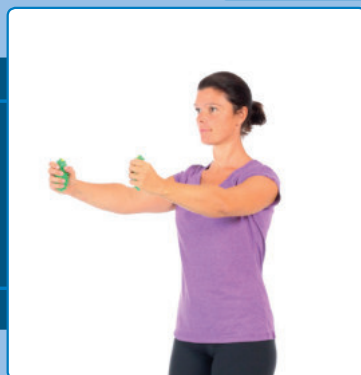


## Gesund Trainieren – 15-Minuten-Training healthy training – 15-minute-training

**1** TOGU<sup>®</sup>  
Brasil<sup>®</sup>



**2** TOGU<sup>®</sup>  
Brasil<sup>®</sup>



**3** Redondo<sup>®</sup> Ball



**4** Redondo<sup>®</sup> Ball



**5** Redondo<sup>®</sup> Ball



**6** TOGU<sup>®</sup>  
Powerband



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