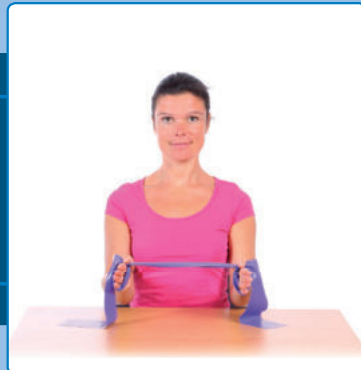


Gesund Trainieren – 15-Minuten-Training *healthy training – 15-minute-training*

1 TOGU®
Powerband



2 TOGU®
Powerband



3 GeoBalance®/
Senso®
Balance Igel



4 GeoBalance®/
Senso®
Balance Igel



5 TOGU®
Brasil®



6 TOGU®
Brasil®



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