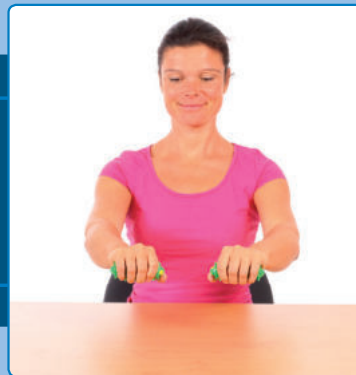


Gesund Trainieren – 15-Minuten-Training healthy training – 15-minute-training

1 TOGU®
Brasil®



2 TOGU®
Brasil®



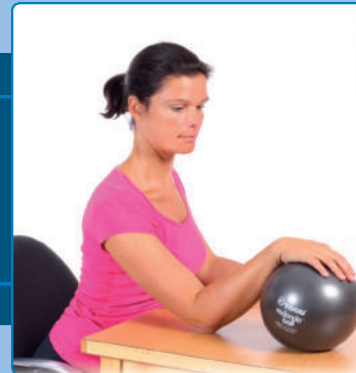
3 Senso®
Ball mini



4 Redondo® Ball



5 Redondo® Ball



6 Redondo® Ball



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