

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

1 Powerband



2 Balanza® Ballstep®



3 Balanza® Ballstep®



4 Balanza® Ballstep®



5 Dynair® Ballkissen®



6 Dynair® Ballkissen®



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