

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

1 Aero-Step®
Pro



2 Aero-Step®
Pro



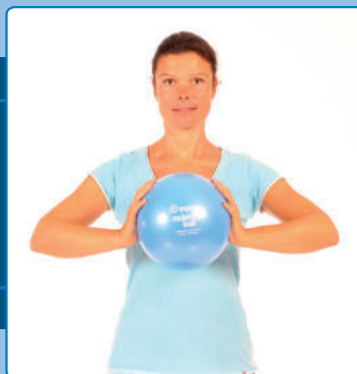
3 Aero-Step®
Pro



4 Redondo®
Ball



5 Redondo®
Ball



6 happyback®
Relax
Nex®



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