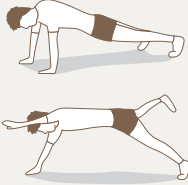


30 Übungen mit eigenem Körpergewicht

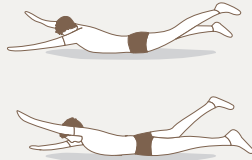
8/12/20 = Anzahl Wiederholungen: Beginner/Fortgeschrittene/Profi

GANZKÖRPER

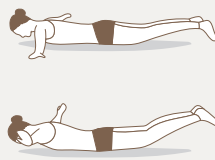
Superman
8/12/20



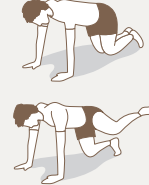
Käfer
20/40/60



Schmetterling
12/24/40



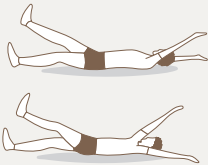
Feuerhydrant
8/12/20



Seitstütz
10/20/30 Sekunden/Seite



Käfer rücklings
12/24/40 Sekunden



Einarmstütz
10/20/30 Sekunden/Seite



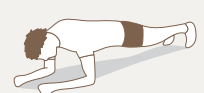
Brücke
15/25/40 Sekunden



Unterarmstütz rücklings
20/40/60 Sekunden

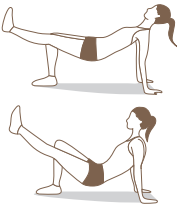


Unterarmstütz
20/40/60 Sekunden



RUMPF

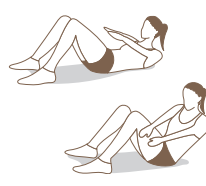
Hängebrücke
4/8/12 pro Seite



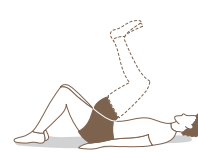
Sit-ups
8/12/20



Seitliche Sit-ups
8/12/20



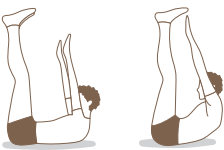
Aufrollen
8/12/20



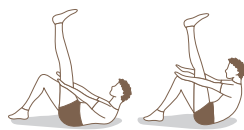
Wolkenschieber
8/12/20



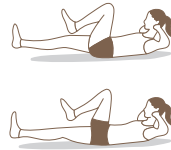
Kirschenpflücken
8/12/20



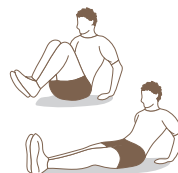
Einbein-Sit-ups
8/12/20 pro Seite



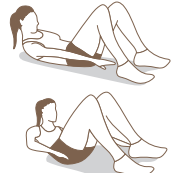
Kicks Rückenlage
8/12/20



Anhocken
8/12/20

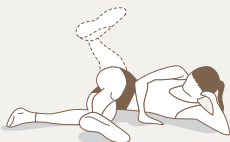


Fersen-Crunch
4/6/10 pro Seite

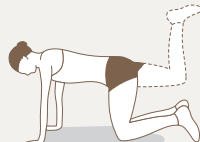


BEINE

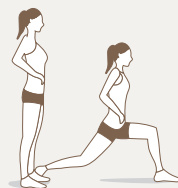
Beinheber vorne
8/12/20 pro Seite



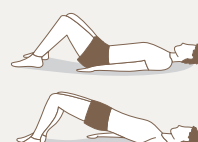
Fersenheber
8/12/20 pro Seite



Ausfallschritt
4/6/10 pro Seite



Beckenheber
8/12/20



Beinheber innen
8/12/20 pro Seite

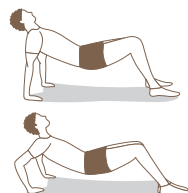


OBERKÖRPER

Liegestütz
8/12/20



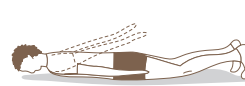
Liegestütz rücklings
8/12/20



Armkreisen
8/12/20 pro Richtung



Armheber hinten
20/40/60



Liegestütz asynchron
4/6/10 pro Seite

