

BIZEPS-TRAINING (Biceps)



BEIN-TRAINING (leg-exercise)



BOOTCAMP-Fitness



TRIZEPS-TRAINING (Triceps)



SCHULTERN No. I (Shoulder-sidestep)



Your workout manual



WARMUP-WALKING



SCHULTERN No. II (Shoulder-frontlift)



HAMPELMANN (jump butterfly)



OBERKÖRPER (Boxing)



SCHULTERN No. III (Shoulder-push-up)



HÜFTE (Side-kick)

