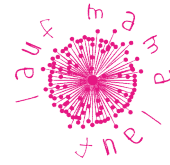


LAUFMAMALAUf

30 Tage Bauch-Challenge



Leg Crunches



Plank Twist



Doppeltes D



Mountain Climber



Russian Twist

<p>1</p> <p>5 Leg Crunches 5 Plank Twist 5 Doppeltes D</p>	<p>2</p> <p>6 Leg Crunches 6 Plank Twist 6 Doppeltes D</p>	<p>3</p> <p>7 Leg Crunches 7 Plank Twist 7 Doppeltes D</p>	<p>4</p> <p>8 Leg Crunches 8 Plank Twist 8 Doppeltes D</p>	<p>5</p> <p>9 Leg Crunches 9 Plank Twist 9 Doppeltes D</p>	<p>6</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D</p>
<p>7</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 5 Mountain Climber</p>	<p>8</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 6 Mountain Climber</p>	<p>9</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 7 Mountain Climber</p>	<p>10</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 8 Mountain Climber</p>	<p>11</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 9 Mountain Climber</p>	<p>12</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber</p>
<p>13</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 5 Russian Twist</p>	<p>14</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 6 Russian Twist</p>	<p>15</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 7 Russian Twist</p>	<p>16</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 8 Russian Twist</p>	<p>17</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 9 Russian Twist</p>	<p>18</p> <p>10 Leg Crunches 10 Plank Twist 10 Doppeltes D 10 Mountain Climber 10 Russian Twist</p>
<p>19</p> <p>11 Leg Crunches 11 Plank Twist 11 Doppeltes D 11 Mountain Climber 11 Russian Twist</p>	<p>20</p> <p>12 Leg Crunches 12 Plank Twist 12 Doppeltes D 12 Mountain Climber 12 Russian Twist</p>	<p>21</p> <p>13 Leg Crunches 13 Plank Twist 13 Doppeltes D 13 Mountain Climber 13 Russian Twist</p>	<p>22</p> <p>14 Leg Crunches 14 Plank Twist 14 Doppeltes D 14 Mountain Climber 14 Russian Twist</p>	<p>23</p> <p>15 Leg Crunches 15 Plank Twist 15 Doppeltes D 15 Mountain Climber 15 Russian Twist</p>	<p>24</p> <p>16 Leg Crunches 16 Plank Twist 16 Doppeltes D 16 Mountain Climber 16 Russian Twist</p>
<p>25</p> <p>17 Leg Crunches 17 Plank Twist 17 Doppeltes D 17 Mountain Climber 17 Russian Twist</p>	<p>26</p> <p>18 Leg Crunches 18 Plank Twist 18 Doppeltes D 18 Mountain Climber 18 Russian Twist</p>	<p>27</p> <p>19 Leg Crunches 19 Plank Twist 19 Doppeltes D 19 Mountain Climber 19 Russian Twist</p>	<p>28</p> <p>20 Leg Crunches 20 Plank Twist 20 Doppeltes D 20 Mountain Climber 20 Russian Twist</p>	<p>29</p> <p>21 Leg Crunches 21 Plank Twist 21 Doppeltes D 21 Mountain Climber 21 Russian Twist</p>	<p>30</p> <p>22 Leg Crunches 22 Plank Twist 22 Doppeltes D 22 Mountain Climber 22 Russian Twist</p>