


# 30-Tage Bikini-Challenge 2015

Juli 2015 \* für *Einsteiger*

<p>1</p> <p>1 PushUp 2 Chair-Dips 10 sec Plank 3 Lunges re/li 5 Squats 1 R Kugelbauch re/li 10 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>2</p> <p>1 PushUp 2 Chair-Dips 15 sec Plank 3 Lunges re/li 5 Squats 1 R Kugelbauch re/li 15 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>3</p> <p>1 PushUp 2 Chair-Dips 20 sec Plank 4 Lunges re/li 5 Squats 1 R Kugelbauch re/li 20 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>4</p> <p><i>frei</i></p>	<p>5</p> <p>1 PushUp 2 Chair-Dips 20 sec Plank 4 Lunges re/li 7 Squats 2 R Kugelbauch re/li 20 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>6</p> <p>2 PushUp 3 Chair-Dips 30 sec Plank 5 Lunges re/li 10 Squats 2 R Kugelbauch re/li 30 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>
<p>7</p> <p>2 PushUp 3 Chair-Dips 40 sec Plank 6 Lunges re/li 10 Squats 2 R Kugelbauch re/li 40 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>8</p> <p><i>frei</i></p>	<p>9</p> <p>2 PushUp 3 Chair-Dips 40 sec Plank 6 Lunges re/li 10 Squats 2 R Kugelbauch re/li 40 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>10</p> <p>2 PushUp 3 Chair-Dips 40 sec Plank 7 Lunges re/li 15 Squats 2 R Kugelbauch re/li 40 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>11</p> <p>3 PushUp 4 Chair-Dips 40 sec Plank 7 Lunges re/li 15 Squats 2 R Kugelbauch re/li 40 sec Wall Sit *HIIT x 2</p> <p>Done! <input type="checkbox"/></p>	<p>12</p> <p><i>frei</i></p>
<p>13</p> <p>3 PushUp 4 Chair-Dips 40 sec Plank 7 Lunges re/li 7 Squats 3 R Kugelbauch re/li 40 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>14</p> <p>3 PushUp 4 Chair-Dips 50 sec Plank 8 Lunges re/li 8 Squats 3 R Kugelbauch re/li 50 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>15</p> <p>3 PushUp 4 Chair-Dips 50 sec Plank 8 Lunges re/li 8 Squats 3 R Kugelbauch re/li 50 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>16</p> <p><i>frei</i></p>	<p>17</p> <p>3 PushUp 4 Chair-Dips 50 sec Plank 8 Lunges re/li 8 Squats 3 R Kugelbauch re/li 50 sec Wall Sit *HIIT x 2</p> <p>Done! <input type="checkbox"/></p>	<p>18</p> <p>4 PushUp 5 Chair-Dips 60 sec Plank 9 Lunges re/li 9 Squats 3 R Kugelbauch re/li 60 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>
<p>19</p> <p>4 PushUp 5 Chair-Dips 60 sec Plank 9 Lunges re/li 9 Squats 4 R Kugelbauch re/li 60 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>20</p> <p><i>frei</i></p>	<p>21</p> <p>4 PushUp 5 Chair-Dips 60 sec Plank 9 Lunges re/li 9 Squats 4 R Kugelbauch re/li 60 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>22</p> <p>5 PushUp 6 Chair-Dips 70 sec Plank 10 Lunges re/li 10 Squats 4 R Kugelbauch re/li 70 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>23</p> <p>5 PushUp 6 Chair-Dips 70 sec Plank 10 Lunges re/li 10 Squats 4 R Kugelbauch re/li 70 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>24</p> <p><i>frei</i></p>
<p>25</p> <p>5 PushUp 6 Chair-Dips 70 sec Plank 10 Lunges re/li 12 Squats 4 R Kugelbauch re/li 70 sec Wall Sit *HIIT x 3</p> <p>Done! <input type="checkbox"/></p>	<p>26</p> <p>5 PushUp 6 Chair-Dips 70 sec Plank 11 Lunges re/li 12 Squats 5 R Kugelbauch re/li 70 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>27</p> <p>6 PushUp 7 Chair-Dips 80 sec Plank 11 Lunges re/li 14 Squats 5 R Kugelbauch re/li 80 sec Wall Sit *HIIT</p> <p>Done! <input type="checkbox"/></p>	<p>28</p> <p><i>frei</i></p>	<p>29</p> <p>6 PushUp 7 Chair-Dips 80 sec Plank 12 Lunges re/li 14 Squats 5 R Kugelbauch re/li 80 sec Wall Sit</p> <p>Done! <input type="checkbox"/></p>	<p>30 und 31</p> <p>Alles was geht! *HIIT x 3</p> <p>Done! <input type="checkbox"/></p>  <p>FRAUENFITNESSPOWER.DE</p>