


30-Tage Mach-Platz-für-die-Kekse Challenge

November 2014 \*

<p>1</p> <p>5 Walking Squats 5 Push Ups 5 Chair Butt Lifts 10 Scissors Plank 5 Beetle Crunches 5 Rotation Plank r/l 5 Leg Raises sitzend 15 sec. 4-Pkt-Stütz 20 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>2</p> <p>6 Walking Squats 5 Push Ups 6 Chair Butt Lifts 10 Scissors Plank 5 Beetle Crunches 5 Rotation Plank r/l 5 Leg Raises sitzend 15 sec. 4-Pkt-Stütz 20 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>3</p> <p>30 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>4</p> <p><i>Sugarfree</i></p> <p><input type="checkbox"/></p>	<p>5</p> <p>7 Walking Squats 6 Push Ups 7 Chair Butt Lifts 15 Scissors Plank 7 Beetle Crunches 7 Rotation Plank 7 Leg Raises sitzend 20 sec. 4-Pkt-Stütz 30 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>6</p> <p>8 Walking Squats 7 Push Ups 8 Chair Butt Lifts 15 Scissors Plank 8 Beetle Crunches 8 Rotation Plank 8 LegRaises sitzend 25 sec. 4-Pkt-Stütz 30 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>
<p>7</p> <p>30 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>8</p> <p><i>Low Carb</i></p> <p><input type="checkbox"/></p>	<p>9</p> <p>9 Walking Squats 8 Push Ups 9 Chair Butt Lifts 15 Scissors Plank 10 Beetle Crunches 10 Rotation Plank 10 LegRaises sitzend 25 sec. 4-Pkt-Stütz 30 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>10</p> <p>10 Walking Squats 9 Push Ups 10 Chair Butt Lifts 15 Scissors Plank 12 Beetle Crunches 12 Rotation Plank 12 LegRaises sitzend 30 sec. 4-Pkt-Stütz 40 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>11</p> <p>40 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>12</p> <p><i>Hydrating Day</i></p> <p><input type="checkbox"/></p>
<p>13</p> <p>11 Walking Squats 9 Push Ups 11 Chair Butt Lifts 20 Scissors Plank 12 Beetle Crunches 12 Rotation Plank 12 LegRaises sitzend 40 sec. 4-Pkt-Stütz 50 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>14</p> <p>12 Walking Squats 10 Push Ups 12 Chair Butt Lifts 20 Scissors Plank 15 Beetle Crunches 15 Rotation Plank 15 LegRaises sitzend 40 sec. 4-Pkt-Stütz 50 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>15</p> <p>40 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>16</p> <p><i>Sugarfree</i></p> <p><input type="checkbox"/></p>	<p>17</p> <p>12 Walking Squats 10 Push Ups 13 Chair Butt Lifts 25 Scissors Plank 15 Beetle Crunches 15 Rotation Plank 15 LegRaises sitzend 45 sec. 4-Pkt-Stütz 50 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>18</p> <p>13 Walking Squats 11 Push Ups 14 Chair Butt Lifts 25 Scissors Plank 17 Beetle Crunches 17 Rotation Plank 17 LegRaises sitzend 50 sec. 4-Pkt-Stütz 60 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>
<p>19</p> <p>50 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>20</p> <p><i>Obst</i></p> <p><input type="checkbox"/></p>	<p>21</p> <p>13 Walking Squats 11 Push Ups 15 Chair Butt Lifts 25 Scissors Plank 17 Beetle Crunches 17 Rotation Plank 17 LegRaises sitzend 50 sec. 4-Pkt-Stütz 60 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>22</p> <p>14 Walking Squats 12 Push Ups 17 Chair Butt Lifts 25 Scissors Plank 20 Beetle Crunches 20 Rotation Plank 20 LegRaises sitzend 55 sec. 4-Pkt-Stütz 70 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>23</p> <p>50 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>24</p> <p><i>Hydrating Day</i></p> <p><input type="checkbox"/></p>
<p>25</p> <p>14 Walking Squats 13 Push Ups 18 Chair Butt Lifts 30 Scissors Plank 20 Beetle Crunches 20 Rotation Plank 20 LegRaises sitzend 55 sec. 4-Pkt-Stütz 70 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>26</p> <p>15 Walking Squats 14 Push Ups 20 Chair Butt Lifts 30 Scissors Plank 20 Beetle Crunches 20 Rotation Plank 20 LegRaises sitzend 60 sec. 4-Pkt-Stütz 80 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>27</p> <p>60 sec Terror-Towel</p> <p>Done! <input type="checkbox"/></p>	<p>28</p> <p><i>Sugarfree</i></p> <p><input type="checkbox"/></p>	<p>29</p> <p>16 Walking Squats 15 Push Ups 25 Chair Butt Lifts 35 Scissors Plank 25 Beetle Crunches 25 Rotation Plank 20 LegRaises sitzend 60 sec. 4-Pkt-Stütz 90 Sec Jumping Jacks</p> <p>Done! <input type="checkbox"/></p>	<p>30</p> <p>Alles was geht!</p> <p></p> <p>Done! <input type="checkbox"/></p> <p><b>FRAUENFITNESSPOWER.DE</b></p>