



Workout 1

5x5 Donkey Kicks angewinkelt rechts + Pulse
5x5 Donkey Kicks angewinkelt links + Pulse

5x5 Squats + Pulse

5x5 Lunges rechts + Pulse
5x5 Lunges links + Pulse

5x5 Downward Dog Leg Raises rechts + Pulse
5x5 Downward Dog Leg Raises links + Pulse

5x5 Butt Lifts + Pulse



Workout 1

Video-Workout auf Youtube
im Kanal
frauenfitnesspower

