


<p>1 Fifteen - 1 Runde</p> <p>15 Burpees 15 Squats 15 PushUps 15 Mountain Climbers 15 Jumping Jacks</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>2 4 min core - 1 Runde</p> <p>30' Single leg bridge re/li 30' Side Plank & Hip Drop re/li 60' Paddle 30' Plank one leg re/li</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>	<p>3 Arms</p> <p>30' PushUps 30' Biceps Curls 30' Chair Dips 30' Up&Down Plank 30' Arm Circles fwd 30' Arm Circles back</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>4</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>	<p>5 8 Minutes - 1 Runde</p> <p>60' Squats arms up 60' One Leg Jump touch down re/li 60' Crossing Jumps 60' High Knees 60' Skater Jumps with touch down 60' Burpees 60' Jumping Jacks</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>6 Planks</p> <p>20' Plank 20' Side Plank re/li 20' Pike Plank 20' PushUps 20' Up & down Plank 20' Walking Plank 20' Bridge Plank</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>
<p>7 Legs</p> <p>30' Jumping Jacks 30' Squats 30' Toe Taps 30' Heel Raises 30' Bench Lunge 30' Bulgarien Lunges</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>8</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>	<p>9 Fifteen - 2 Runden</p> <p>15 Burpees 15 Squats 15 PushUps 15 Mountain Climbers 15 Jumping Jacks 30 sec Rest</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>10 4 min core - 2 Runden</p> <p>30' Single leg bridge re/li 30' Side Plank & Hip Drop re/li 60' Paddle 30' Plank one leg re/li</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>	<p>11 Arms</p> <p>45' PushUps 45' Biceps Curls 45' Chair Dips 45' Up&Down Plank 45' Arm Circles fwd 45' Arm Circles back</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>12</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>
<p>13 8 Minutes - 2 Runden</p> <p>60' Squats arms up 60' One Leg Jump touch down re/li 60' Crossing Jumps 60' High Knees 60' Skater Jumps with touch down 60' Burpees 60' Jumping Jacks</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>14 Planks</p> <p>30' Plank 30' Side Plank re/li 30' Pike Plank 30' PushUps 30' Up & down Plank 30' Walking Plank 30' Bridge Plank</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>	<p>15 Legs</p> <p>45' Jumping Jacks 45' Squats 45' Toe Taps 45' Heel Raises 45' Bench Lunge 45' Bulgarien Lunges</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>16</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>	<p>17 Fifteen - 3 Runden</p> <p>15 Burpees 15 Squats 15 PushUps 15 Mountain Climbers 15 Jumping Jacks 30 sec Rest</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>18 4 min core - 3 Runden</p> <p>30' Single leg bridge re/li 30' Side Plank & Hip Drop re/li 60' Paddle 30' Plank one leg re/li</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>
<p>19 Arms</p> <p>60' PushUps 60' Biceps Curls 60' Chair Dips 60' Up&Down Plank 60' Arm Circles fwd 60' Arm Circles back</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>20</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>	<p>21 8 Minutes - 3 Runden</p> <p>60' Squats arms up 60' One Leg Jump touch down re/li 60' Crossing Jumps 60' High Knees 60' Skater Jumps with touch down 60' Burpees 60' Jumping Jacks</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>22 Planks</p> <p>40' Plank 40' Side Plank re/li 40' Pike Plank 40' PushUps 40' Up & down Plank 40' Walking Plank 40' Bridge Plank</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>	<p>23 Legs</p> <p>60' Jumping Jacks 60' Squats 60' Toe Taps 60' Heel Raises 60' Bench Lunge 60' Bulgarien Lunges</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>24</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>
<p>25 Fifteen - 4 Runden</p> <p>15 Burpees 15 Squats 15 PushUps 15 Mountain Climbers 15 Jumping Jacks 30 sec Rest</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>26 4 min core - 4 Runden</p> <p>30' Single leg bridge re/li 30' Side Plank & Hip Drop re/li 60' Paddle 30' Plank one leg re/li</p> <p>Core</p> <p>Done! <input type="checkbox"/></p>	<p>27 Arms</p> <p>60' PushUps 60' Biceps Curls 60' Chair Dips 60' Up&Down Plank 60' Arm Circles fwd 60' Arm Circles back</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	<p>28</p> <p>Sugarfree</p> <p>Done! <input type="checkbox"/></p>	<p>29 8 Minutes - 4 Runden</p> <p>60' Squats arms up 60' One Leg Jump touch down re/li 60' Crossing Jumps 60' High Knees 60' Skater Jumps with touch down 60' Burpees 60' Jumping Jacks</p> <p>Cardio</p> <p>Done! <input type="checkbox"/></p>	 <p>FRAUENFITNESSPOWER.DE</p>