

6 Wochen Happy-New-Shape-Challenge 2016

<p><i>Mo</i></p> <p>Ganzkörper/Cardio 4 Runden 10 Jumping Jacks 5 Burpees 10 Jump Squats 25 ButtKicks 25 High Knees</p>	<p><i>Di</i></p> <p><i>frei</i></p>	<p><i>Mi</i></p> <p>Abs and Arms 4 Runden 10 Crunch/SitUp 3 Kugelbauch 5 Leg Raises 5 PushUps 5 Dips 10 Bizeps Curls 10 KickBacks</p>	<p><i>Do</i></p> <p><i>frei</i></p>	<p><i>Fr</i></p> <p>Legs and Glutes 4 Runden 5 Lunges re/li 8 Squats 15 Sek. WallSit 10 GluteBridge/ HipThrust 10 Wadenheben</p>	<p><i>Sa</i></p> <p><i>frei</i></p>	<p><i>Sa</i></p> <p>Walken/Joggen 20-30 Minuten</p>
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