Bauch, Beine, Po:

1) Crunches

2) Squats

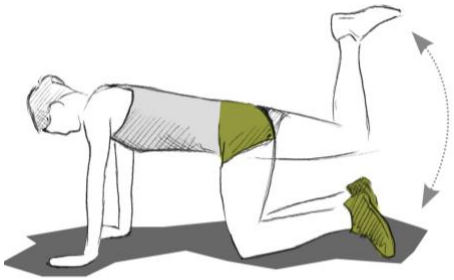
3) Hip Raise

BUSINESS: 30sek jede Übung – 30sek Pause – 2 Sätze

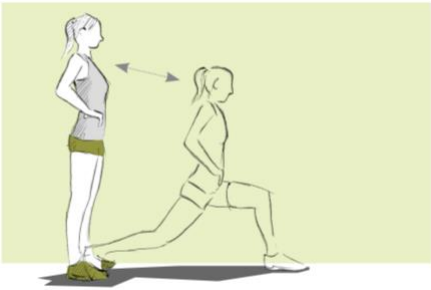
SPORT: 45sek jede Übung – 30sek Pause – 3+ Sätze; schwierigere Varianten!

QR Codes für Erklärungen & schwierigere Varianten (= QR unten / rechts)

4) Leg Lift



5) Lunges



6) Diagonal Crunches

Apps:

Seconds-Intervalltimer