
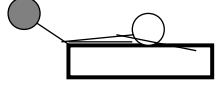
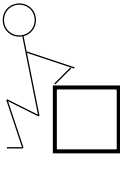
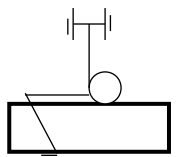
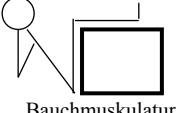
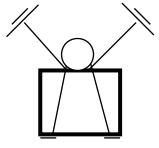
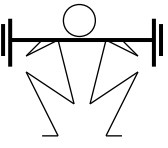
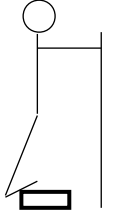
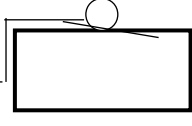
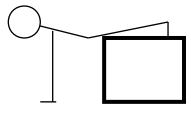


Das Fitness-Studio in der Halle

Von Hans-G. Hofrichter

<p>1.</p>  <p>Beinstrecker – Quadriceps</p>	<p>2.</p>  <p>Beinbeuger – Beinbizeps</p>	<p>3.</p>  <p>Dips – Trizeps</p>	<p>4.</p>  <p>„Fliegende Bank“ - Brustmuskel</p>
<p>10.</p>  <p>Bauchmuskulatur</p>	<p>Kraft – Fitness – Straße the hofrichter course</p>		<p>5.</p>  <p>„Fliegende“-Bauchlage - Rücken</p>
<p>9.</p>  <p>Kniebeugen – Quadzeps/ Gesäß</p>	<p>8.</p>  <p>Wadenheben – Wadenmuskel</p>	<p>7.</p>  <p>Beinrückheben – Gesäß/ Rücken</p>	<p>6.</p>  <p>Liegestütz – Arme/ Schulter</p>

Zu allen Übungen 10 – 20 Wiederholungen; 2 – 3 Sätze

langsame, zügige Ausführung der Übungen