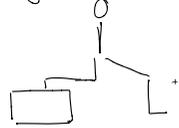
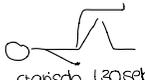
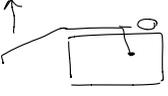


# azzurro

Das Sportstudio.

## LEG DAY

Supersätze:

- ① Squats :  →  +   
statisch (30sek) + dynamisch (12Wdh.)      Lungen (links + rechts)  
45 Sec.
- ② Single leg Rumanian deadlift → Lungen: hinteres Bein erhöht  
        
statisch (30sek) + dynamisch (12Wdh.)
- ③ Single Leg Glute Bridge → Hyper Extension (12 Wdh.)  
        
statisch (30sek) + dynamisch (12Wdh.)



Link zum Video:  
<https://youtu.be/4xPg-t5y86s>