

azzurro

Das Sportstudio.

THERABAND - BASICS



1. Kreuzheben



2. Rudern



3. Ausfallschritte



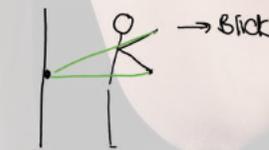
5. Kniebeugen



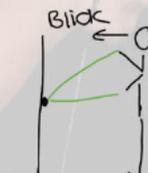
6. Bizeps



7. Trizeps



8. Brust



9. Oberer Rücken



10. Latzug



11. Latiflex



12. Bauch