

BUCHSTABIER DEIN WORKOUT

SPORT
REFERAT

ASStA-Sportreferat Hannover

AUFWÄRMEN NICHT VERGESSEN -
TRAINIER SICHER!

A	30 Sek. High Knees	N	20 Bicycle Crunches
B	10 Side Plank Rotations	O	20 Lunges
C	20 Sek. Flutter Kicks	P	15 Push Ups
D	15 Jump Squats	Q	15 Sek. Wall Sit
E	30 Jumping Jacks	R	30 Cross Jacks
F	26 Punches	S	20 Sek. Shoulder Tap Plank
G	10 Kneeling Push Ups	T	30 Contralateral Limb Raises
H	40 Sek. Glute Bridge	U	30 Sek. Heel Touches
I	10 Burpees	V	15 Triceps Dips
J	20 Crunches	W	20 Sek. Plank
K	30 Mountain Climbers	X	20 Sek. Running im Place
L	20 Sek. Reverse Plank	Y	20 Crossover Toe Tap Crunches
M	30 Russian Twists	Z	15 Sek. Pulsing Squats