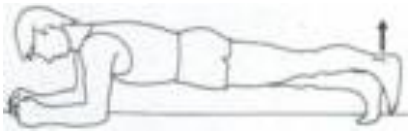
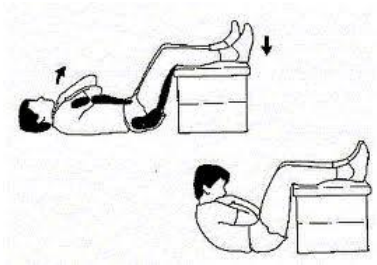
Übungsprogramm für K1 und K2 während der Sommerferien

Fersenheben jedes Bein 10 mal

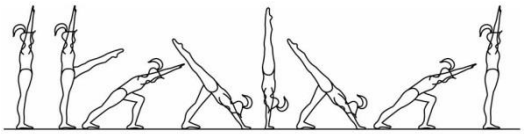


Bauchmuskeln 10 mal

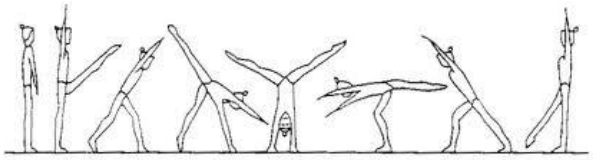


Liegestütz 10 mal

Handstand



Rad



Spagat alle drei 2 mal 30 Sekunden halten