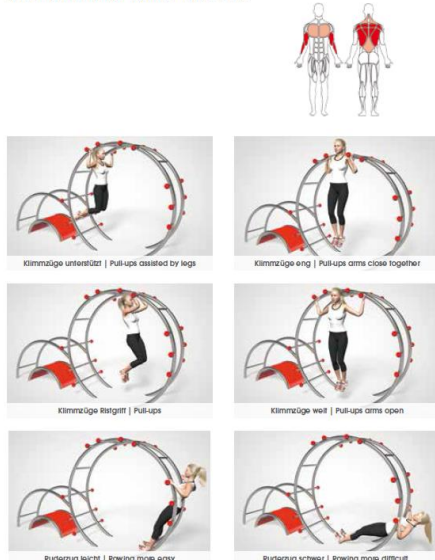


Anlage 7 – Multifunktionstrainer (bereits vorhanden)

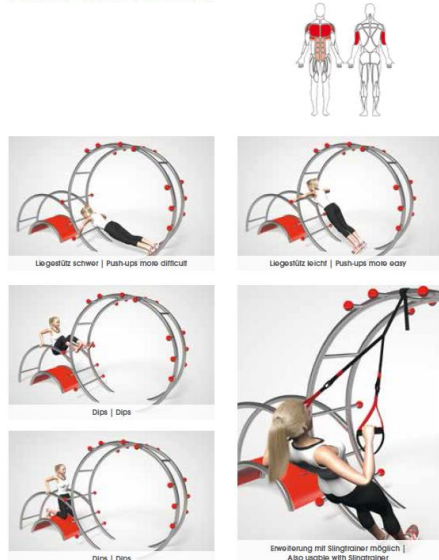
ÜBUNGEN AM MULTIFUNKTIONSTRAINER | EXERCISES MULTIFUNCTIONAL TRAINER

SCHULTERN UND BIZEPS SHOULDERS AND BICEPS

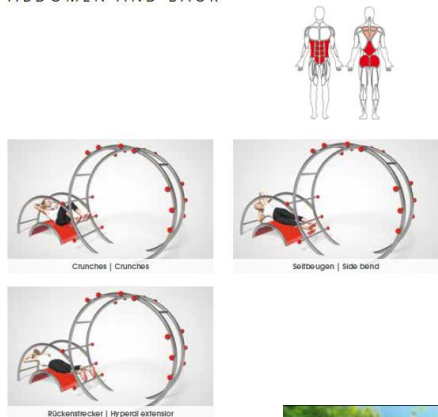


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BRUST UND TRIZEPS TORSO AND TRICEPS



BAUCH UND RÜCKEN ABDOMEN AND BACK



DEHNUNG STRETCHING EXERCISES

