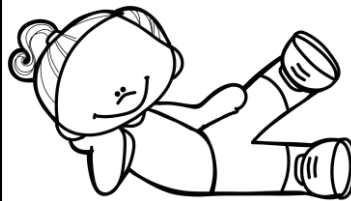


Hampelmann



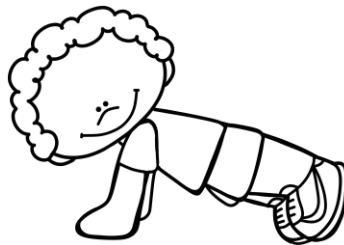
Seitliches Beinheben



Ausfallschritt



Liegestütz



Sit-Ups



Kniebeugen



