

30-Tage Challenge

Q1/2021

Tag	Squat to Handstand			Spiderman Push-up			Australian Pull Ups			Breakdance			Ausfallschritte			
	Satz ->	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																
17																
18																
19																
20																
21																
22																
23																
24																
25																
26																
27																
28																
29																
30																

: Trainingstage