

Trainings Chart

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Start Position					
End Position					
Start Position					
End Position					
Start Position					
End Position					
Start Position					
End Position					
Start Position					
End Position					

Basics

Start Position



End Position



Wiederholungen und Sätze jeder Übung
Repetitions and sets of each exercise

Start Position



15-30
x
2-3

End Position



Aero-Step[®] XL & Aero-Step[®] XL functional

