


TOGU® Redondo® Ball

Trainings Chart


| | | | |
|---|---|---|---|
| <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  |
| <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  |
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| <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  | <p>Start Position</p>  <p>End Position</p>  |

Wiederholungen und Sätze jeder Übung
Repetitions and sets of each exercise

Start Position



End Position



15-30
x
2-3

