

GET READY FOR TOURING

WORKOUT CHALLENGE

T A G
08

50
SPLIT
SQUATS
PRO BEIN



T A G
09

20
PULL
UPS



T A G
10

30
DREHBALL-
TANZ
PRO
RICHTUNG



T A G
11

30
STANDING
EXTENSIONS



T A G
12

50
GLUTE
BRIDGE



T A G
13

50
MOUNTAIN
CLIMBERS



T A G
14

REST
DAY

WOCHE 02

