

GET READY FOR TOURING

WORKOUT CHALLENGE

T A G
15

50
STEP
UPS
PRO BEIN



T A G
16

30
PUSH UPS
AND
SHOULDER
TAPS



T A G
17

30
STERN-
SPRÜNGE
PRO BEIN



T A G
18

30
V-UPS



T A G
19

30
SINGLE LEG
DEADLIFTS
PRO BEIN



T A G
20

30
SUPERMEN
PRO SEITE



T A G
21

REST
DAY

WOCHE 03