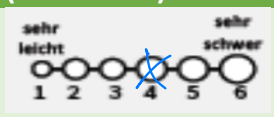
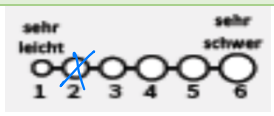
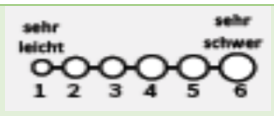
Mein Trainingstagebuch

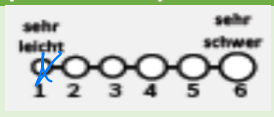
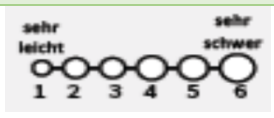
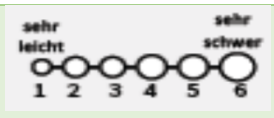
Name: _____ **Klasse:** _____

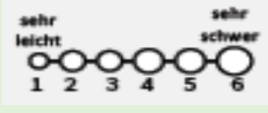
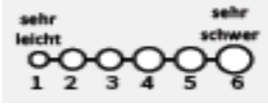
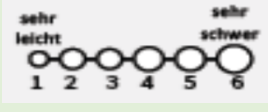
Datum: 17.03.20

Übung	Zeit oder Durchgang	Wiederholungen	Besondere Bemerkungen	Belastung (Kreuze an!)
Burpees	1 Minute	10 x		
Jumps	2 Minuten	10 x 20 x		
				

Am 18.03.20 habe ich pausiert!

Datum: 19.03.20

Übung	Zeit oder Durchgang	Wiederholungen	Besondere Bemerkungen	Belastung (Kreuze an!)
Sprawls	1 x 1 Minute 1 x 2 Minuten 1 x 1 Minute	10 x 20 x 10 x	Diese Übung finde ich bisher am einfachsten!	
				
				

Datum: _____

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