

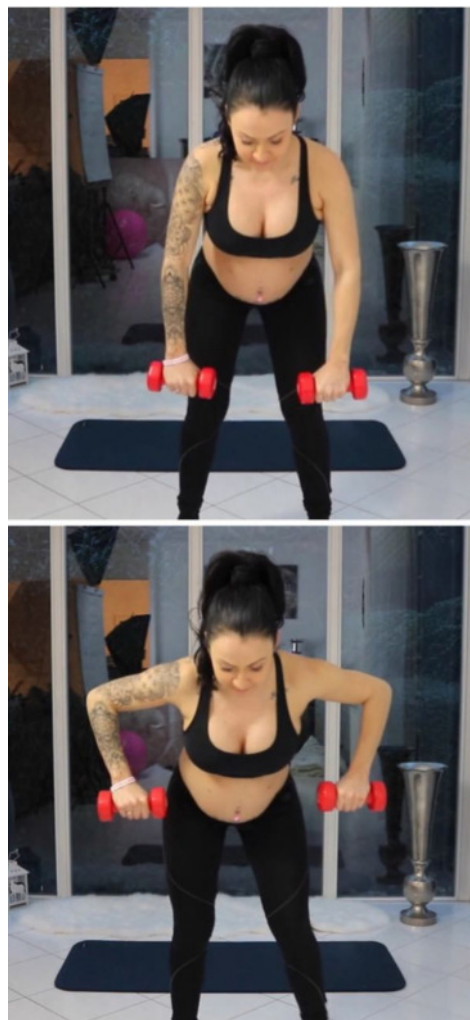
Tag 2



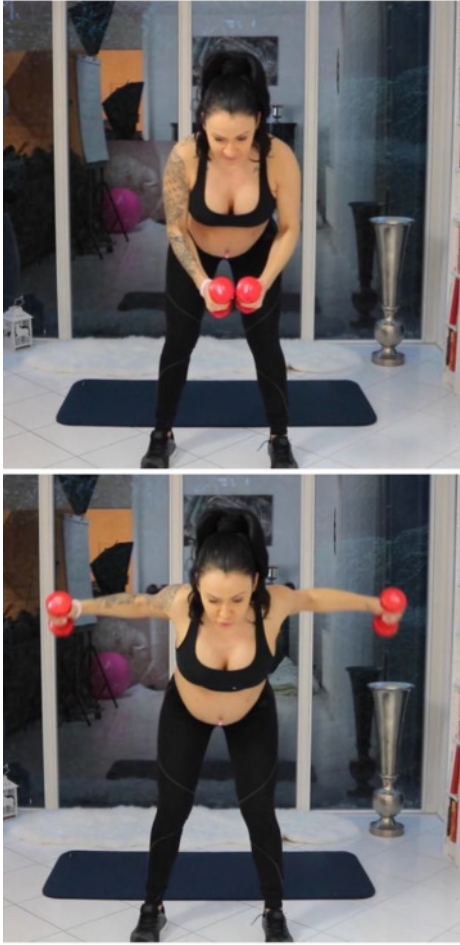
Übung 1: Dead Lifts 10x



Übung 2: Rudern 10x



Übung 3: Butterfly Reverse 10x



Übung 4: Good Mornings 10x



Übung 5: Legs Extensions 10x



Übung 6: Biceps Curls

