

RAFINHA'S PRIVATES TRAINING

3 RUNDEN

#45



1. JUMP SQUAT

☑ 5 WHD

#59



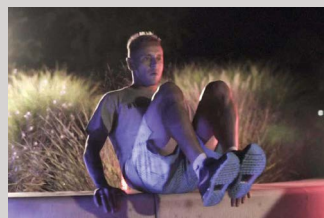
2. PUSH-UP

☑ 8 WHD



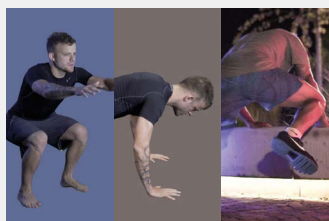
3. BENCH KNEE TO ELBOW

☑ 4 WHD PRO SEITE



4. CRUNCHES

☑ 10 WHD



5. JUMP SQUAT + PUSH UP + KNEE TO ELBOW

☑ 10 WHD

#5



6. BASIC PLANK

☑ 60 SEK

1 MINUTE PAUSE



SIEH DIR DAS VIDEO AN

BEVOR DU LOSLEGST: BITTE KONSULTIERE BEI BESCHWERDEN VOR DEM TRAINING EINEN ARZT.