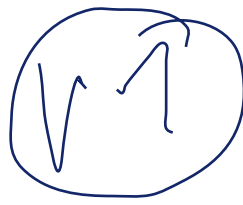


Mo.



Timer4Tabata App

Mein Tabata Trainingsplan

Aufwärmen nicht vergessen ... den Timer (die App) starten

- 20s Intervall 1

Hampelmänner

- 10s Pause

- 20s Intervall 2

Kniebeuge

- 10s Pause

- 20s Intervall 3

Liegestütze

- 10s Pause

- 20s Intervall 4

Streusprung

- 10s Pause

- 20s Intervall 5

Hampelmänner

- 10s Pause

- 20s Intervall 6

Kniebeuge

- 10s Pause

- 20s Intervall 7

Liegestütze

- 10s Pause

- 20s Intervall 8

Kniebeuge

> ENDE