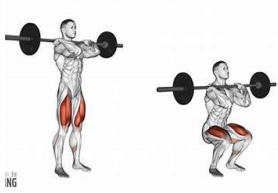


## Unterkörper



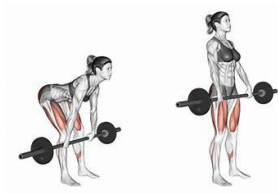
1. Front Squats

3x12 Wdh.



2. Kurzhantel Lunges

3x10 Wdh.



3. RDL's

3x10 Wdh.



4. Single Arm Kettlebell Swings

4x15 Wdh.



5. Standing oblique Crunch

3x10 Wdh.



6. Back Extensions

3x8-10 Wdh.