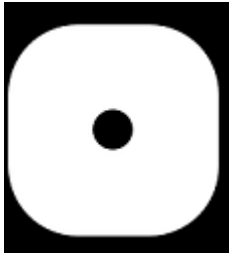
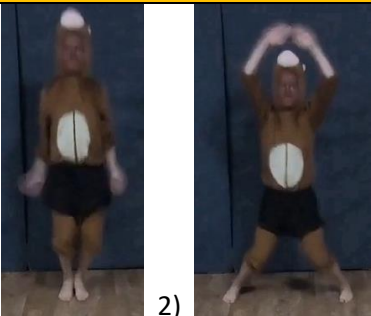


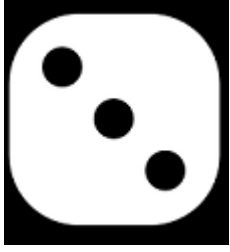
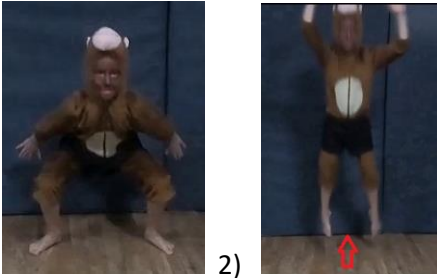
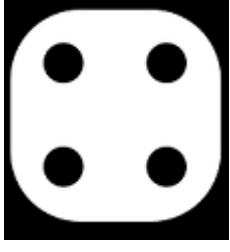






Affe Alex - Konditionstraining: Übungen Mensch-ärgere-dich-nicht

Augenzahl	Übung	
	Hampelmann	
	Seil springen	
	Kniebeuge und Strecksprung	
	Plank	
	Katzenbuckel und Pferderücken	
	Raupe	