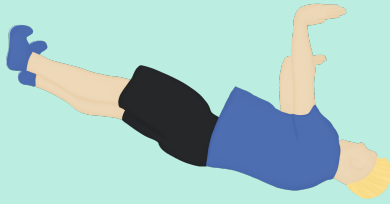


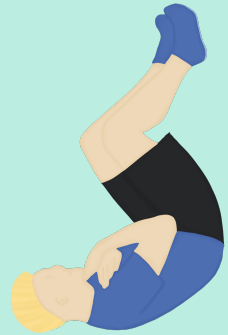
5 Liegestütz



3 Burpees



5 Situps



10 Hampelmänner



5 Kniebeuge



6 Ausfallschritte

