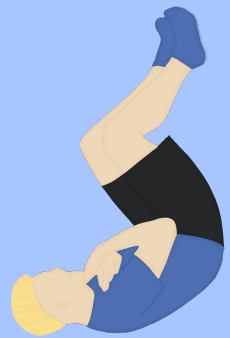


10 Liegestütz

5 Burpees



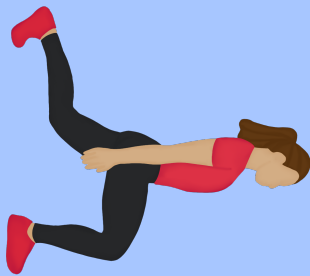
10 Situps



20 Hampelmänner



10 Kniebeuge



10 Ausfallschritte