



# Bedienungsanleitung



**Step-Brett, 2-fach verstellbar,  
schwarz**

**Art.-Nr. 16854**

**▶▶▶ [zum Produkt ...](#)**

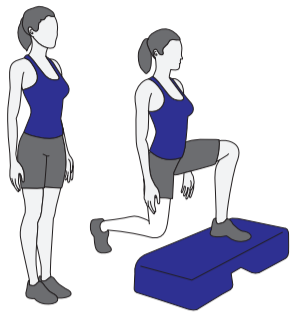
**Steppbretter**

**▶▶▶ [zur Kategorie...](#)**

# Step-Brett Übungsposter

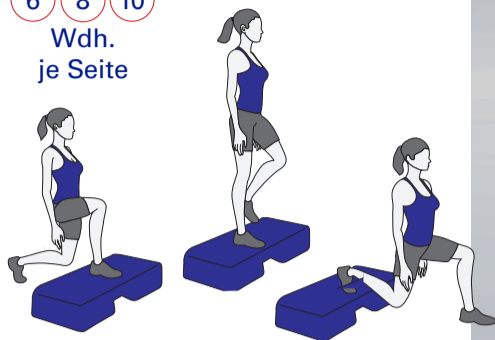
## Beintraining

10 12 15  
Wdh.  
je Seite



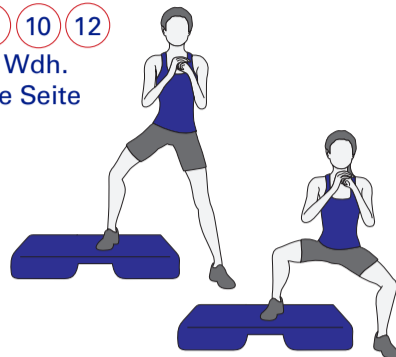
Ausfallschritt

6 8 10  
Wdh.  
je Seite



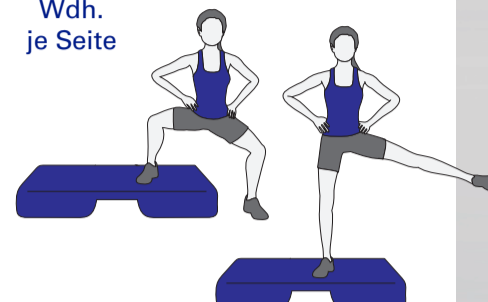
Ausfallschritt vor & zurück

8 10 12  
Wdh.  
je Seite



Einbeinige Kniebeuge

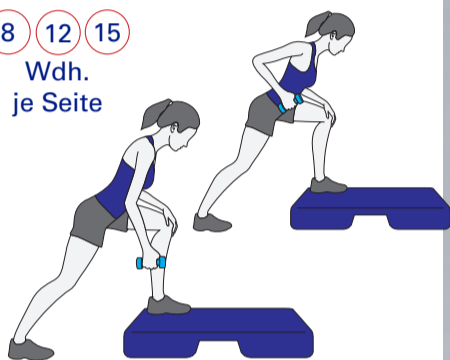
10 12 15  
Wdh.  
je Seite



Seitliche Kniebeuge

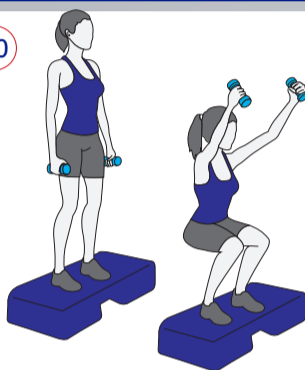
## Armtraining und Stärkung der Körpermitte

8 12 15  
Wdh.  
je Seite



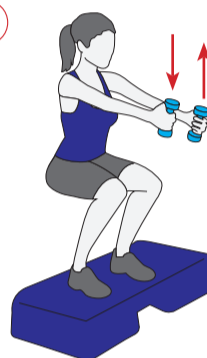
Vorgebeugtes Rudern

12 15 20  
Wdh.



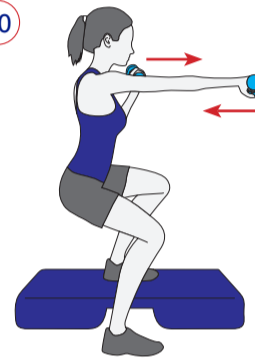
Frontkniebeugen

20 30 40  
Sek.



Paddeln

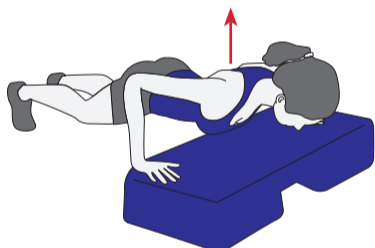
30 40 60  
Sek.  
je Seite



Boxen

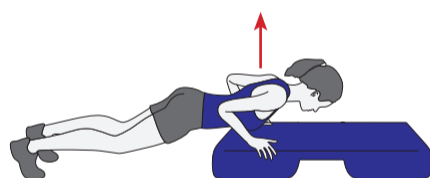
## Brusttraining

8 10 12  
Wdh.



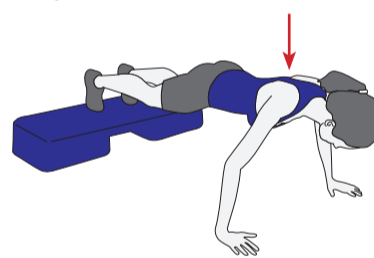
Liegestütze

6 8 10  
Wdh.



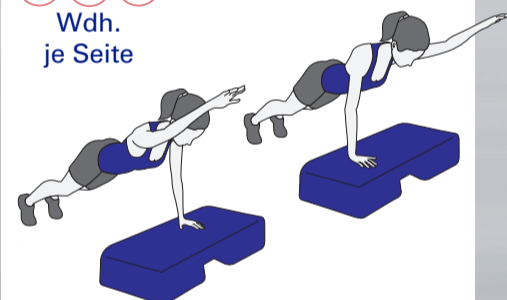
Enge Liegestütze

6 8 10  
Wdh.



Negative Liegestütze

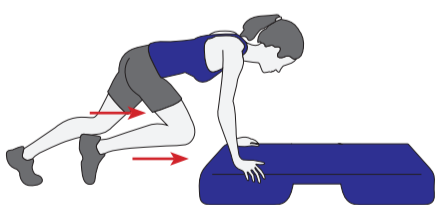
10 12 15  
Wdh.  
je Seite



Einhändiges Armheben

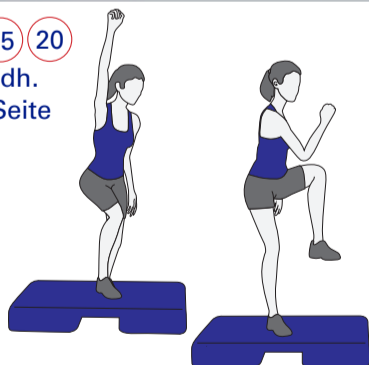
## Bauchtraining

30 40 60  
Sek.



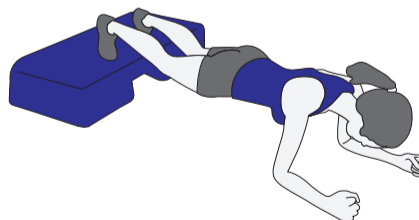
Bergsteiger

12 15 20  
Wdh.  
je Seite



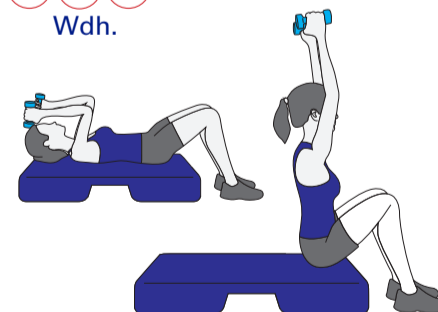
Step zum Ellbogen

20 30 40  
Sek.



Unterarmstütz

12 15 20  
Wdh.



Rumpfheben mit Hantel

**i** Zur Info: Die Zahlen in den Kreisen sind die jeweiligen Wiederholungen (Wdh.)/Sekunden (Sek.) pro Satz (3 Sätze).



==== [www.sport-tec.de](http://www.sport-tec.de) ====

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