



Bedienungsanleitung



REEBOK Deck, schwarz-rot

Art.Nr. 16874

▶▶▶ [zum Produkt ...](#)

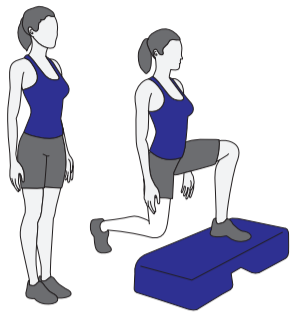
Steppbretter

▶▶▶ [zur Kategorie...](#)

Step-Brett Übungsposter

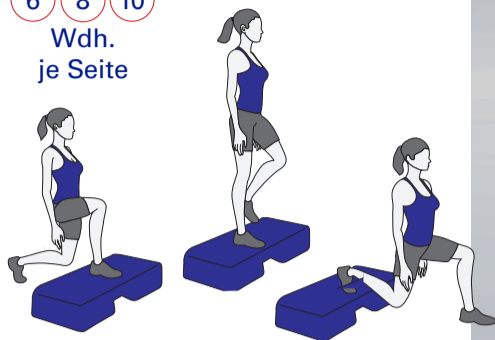
Beintraining

10 12 15
Wdh.
je Seite



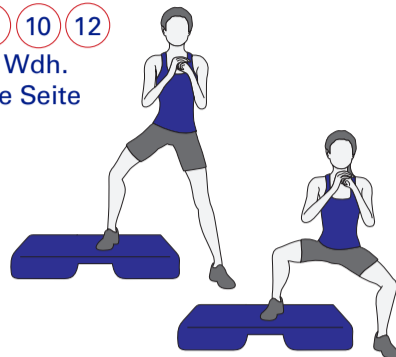
Ausfallschritt

6 8 10
Wdh.
je Seite



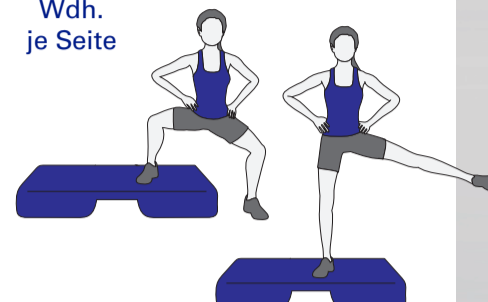
Ausfallschritt vor & zurück

8 10 12
Wdh.
je Seite



Einbeinige Kniebeuge

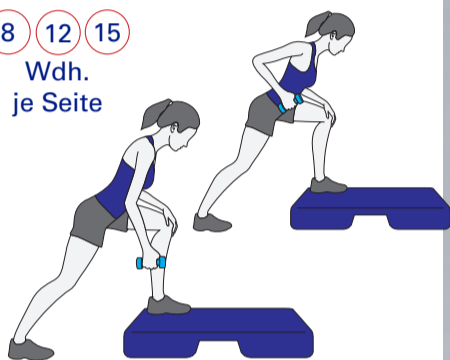
10 12 15
Wdh.
je Seite



Seitliche Kniebeuge

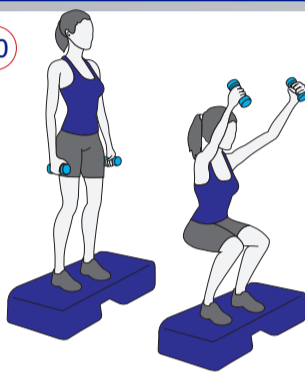
Armtraining und Stärkung der Körpermitte

8 12 15
Wdh.
je Seite



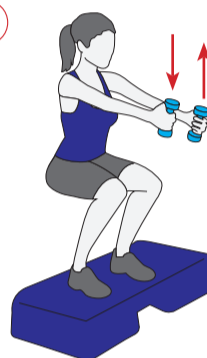
Vorgebeugtes Rudern

12 15 20
Wdh.



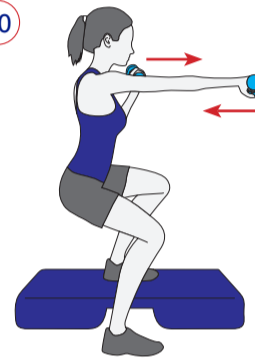
Frontkniebeugen

20 30 40
Sek.



Paddeln

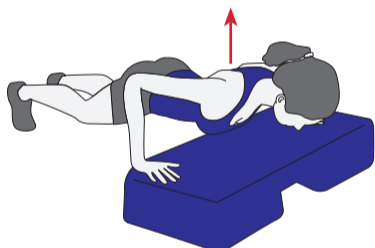
30 40 60
Sek.
je Seite



Boxen

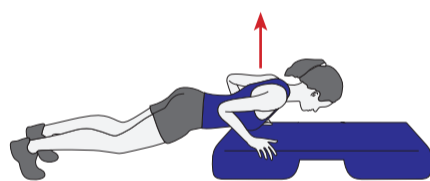
Brusttraining

8 10 12
Wdh.



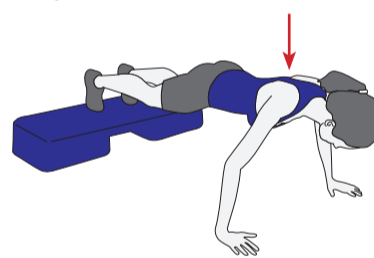
Liegestütze

6 8 10
Wdh.



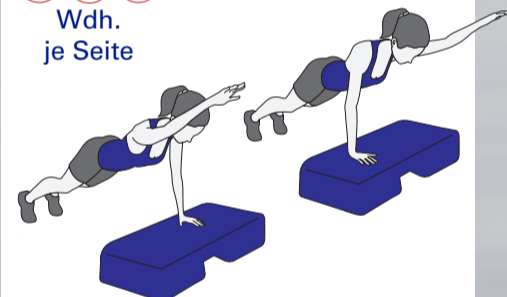
Enge Liegestütze

6 8 10
Wdh.



Negative Liegestütze

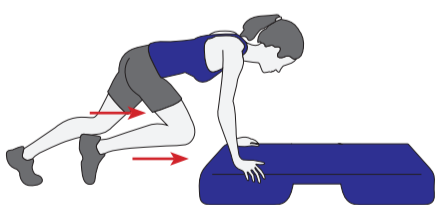
10 12 15
Wdh.
je Seite



Einhändiges Armheben

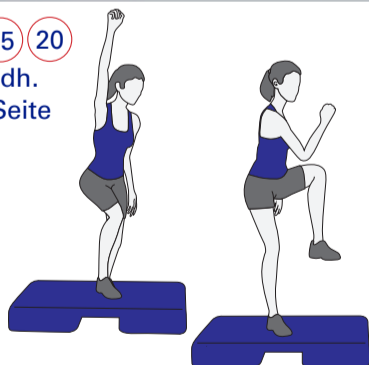
Bauchtraining

30 40 60
Sek.



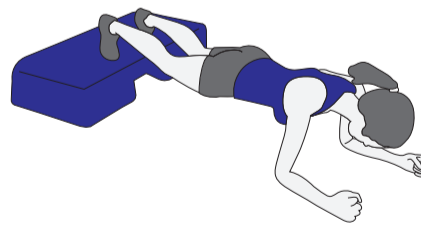
Bergsteiger

12 15 20
Wdh.
je Seite



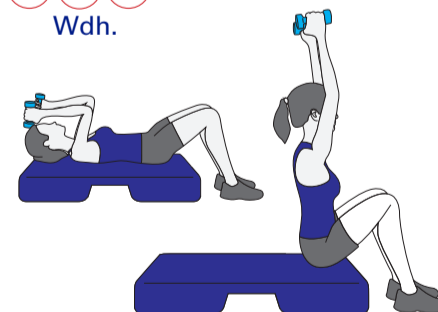
Step zum Ellbogen

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).



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