

1-SWB Streamline Einbeinige Bridge: 30" pro Bein.



2-SWB Jack Knifes: 15-20 Wdh.



3-SWB Pike Ups: 12-15 Wdh.



4-SWB Push Ups: 10-15 Wdh.



5-SWB Ab Roller: 12-15 Wdh.



6-SWB Leg Curls: 12-15 Wdh.



7-SWB Kicks: 20-30 Sekunden.



8-SWB Banded Bridge Rotations: 15 Wdh. pro Seite.

