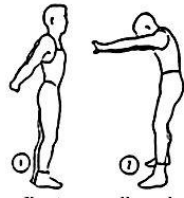


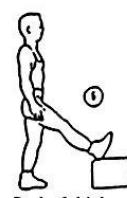
Quarantäne- WOD Nr.4

Warm Up (vor jedem Workout!)	<p style="text-align: center;">3 x</p> <ul style="list-style-type: none">- 20x Arme Kreisen (vorwärts / rückwärts)- 20 Hampelmänner- 10 Kniebeugen- 5 Liegestützen
Kraftzirkel	<p>Tabata Timer // „Tabata Songs“ auf Spotify(oder mit dem Blick auf die Uhr) 20 Sekunden Belastung, 10 Sekunden Pause</p> <p>Variante 1:</p> <ol style="list-style-type: none">1. Lunge seitlich2. Liegestützwandern3. Russian Twist4. Beckenhber <p>Variante 2:</p> <ol style="list-style-type: none">1. Plank Hold2. Sit Ups3. Squat- Gang (seitlich)4. Jumping Jacks
Workout	<p><u>5 Runden auf Zeit</u></p> <p>10 Shoulder Taps 15 Leg Lever 20 Squats</p>

Dehnen



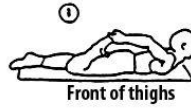
Upper back



Back of thighs



Front of thighs



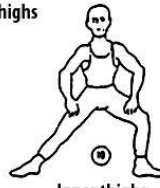
Front of thighs



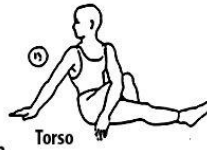
Outer thighs



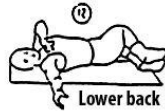
Inner thighs



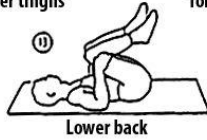
Inner thighs



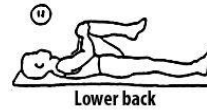
Torso



Lower back



Lower back



Lower back