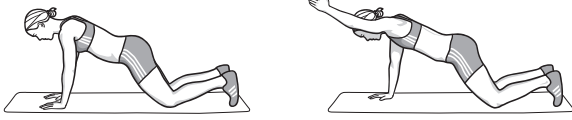


Allgemeine Belastungsvorbereitung – Rumpfmuskulatur

1

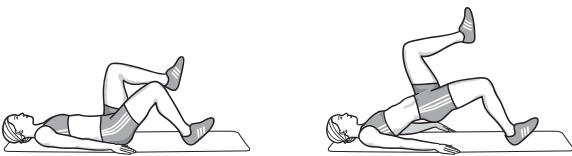
Notizen



#1160

2

Notizen



#1158

3

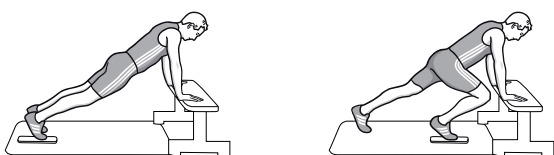
Notizen



#0365

4

Notizen



#4851

Spezielle Belastungsvorbereitung – Extremitätenmuskulatur

1

Notizen



#1209

2

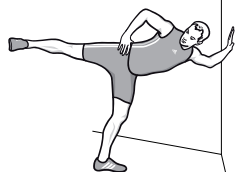
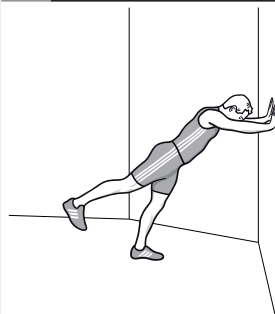
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#3110

3

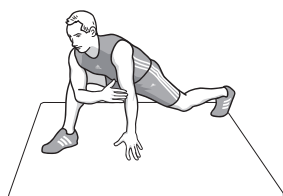
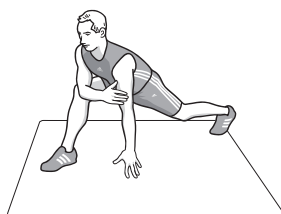
Notizen



#3051

4

Notizen



#3107
