



BACK2SPORT

17.05.
B/S

18.05.
BE

19.05.
RÜ

20.05.
B/CO

21.05.
C

24.05.
B/S

25.05.
BE

26.05.
RÜ

27.05.
B/CO

28.05.
C

B/S = BRUST/SCHULTER-WORKOUT
BE = BEIN-WORKOUT
RÜ = RÜCKEN-WORKOUT
B/CO = BAUCH/CORE-WORKOUT
C = CARDIO-WORKOUT