



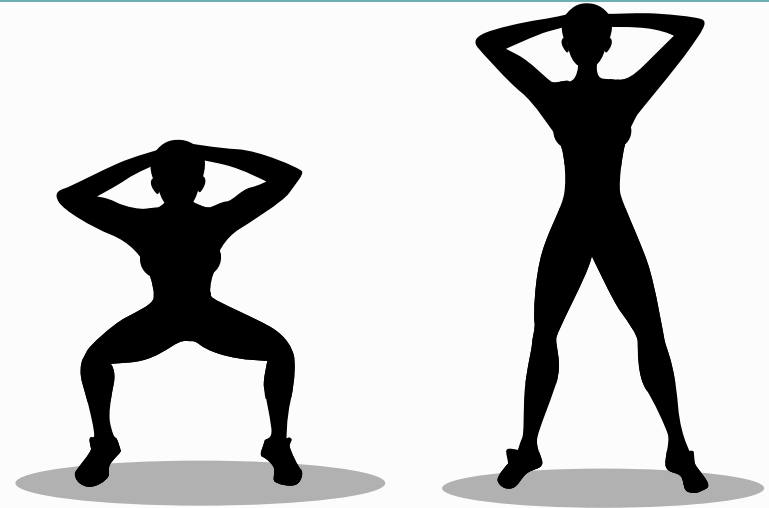
Tabata-Workout mit
Kettlebell von
GORILLA SPORTS

01

PRISONER
SQUAT



20 SEKUNDEN / 10 PAUSE



02

KETTLEBELL
SWING



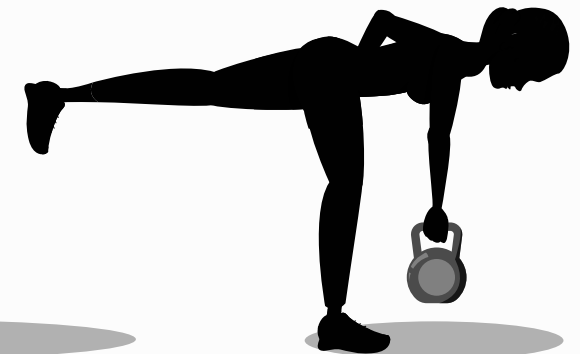
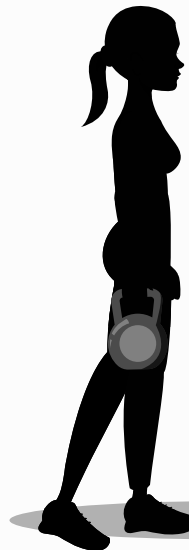
03

BURPEES



04

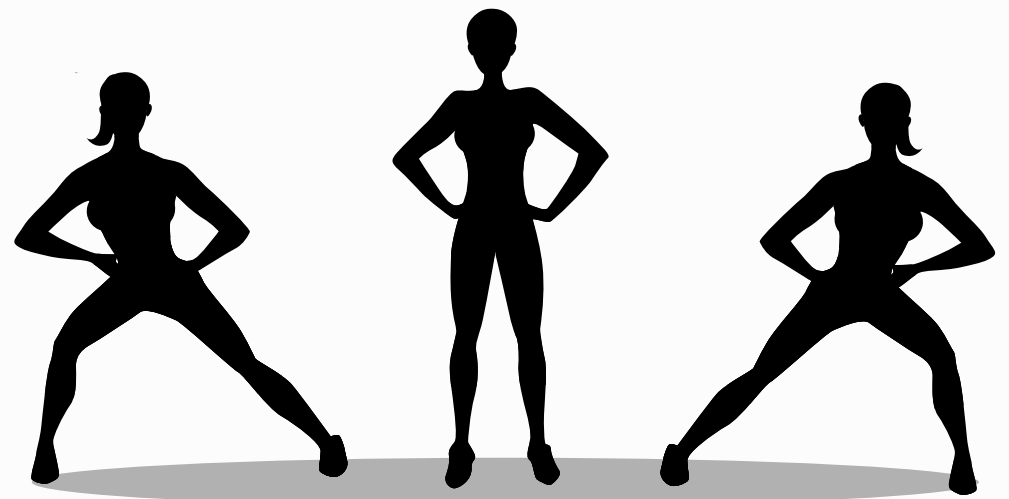
LEG DEAD
LIFT MIT
KETTLEBELL



05

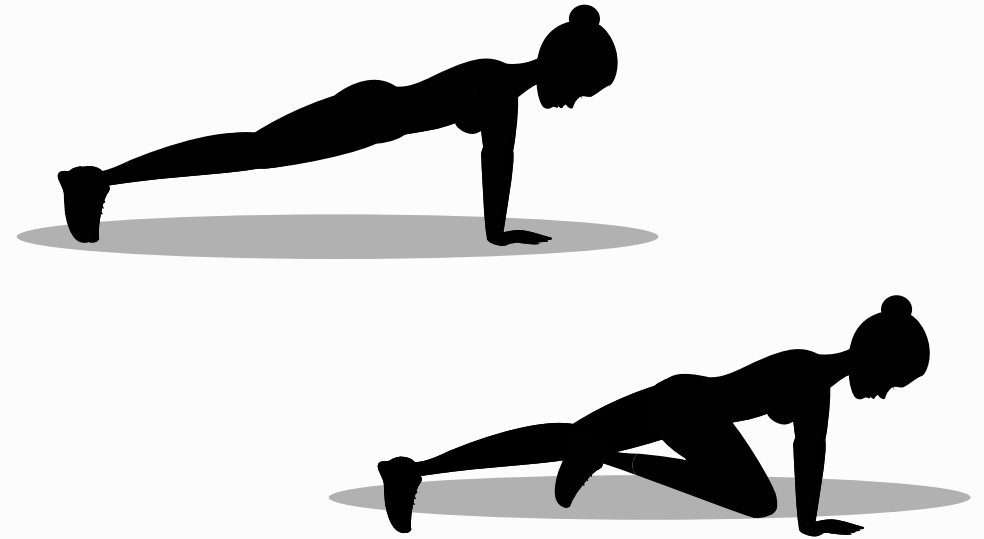


06



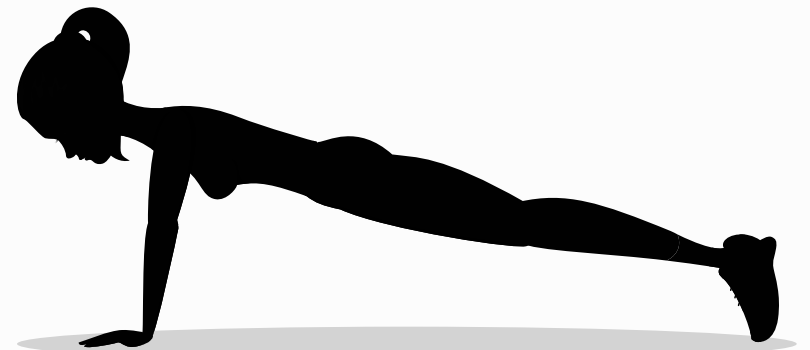
07

MOUNTAIN
CLIMBER
GERADE



08

PLANK MIT
FUßABDUKTION



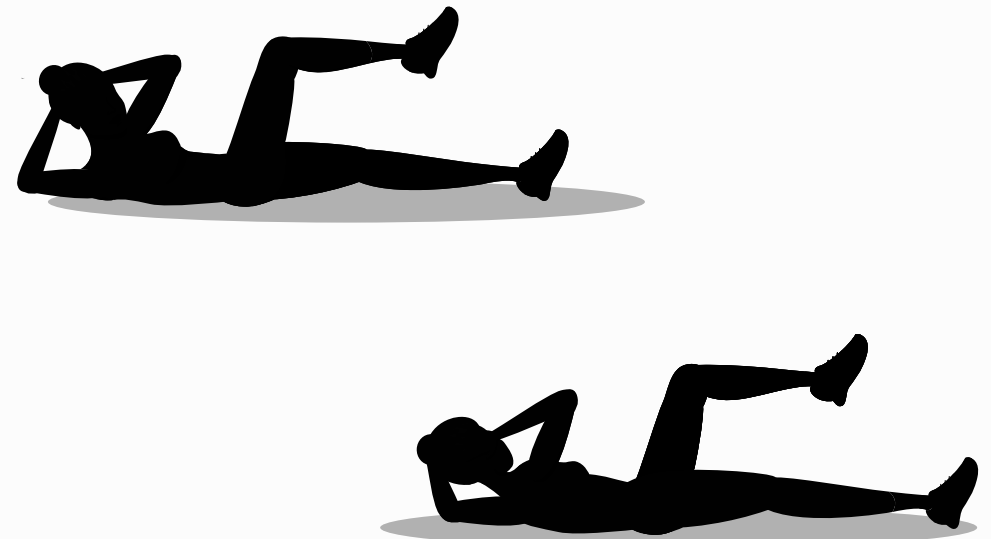
09

HÜFTHEBEN
MIT BEIN-
ABDUKTION

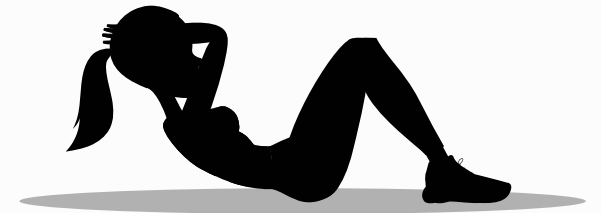
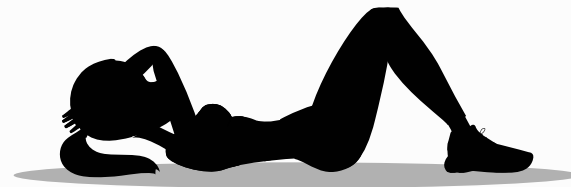
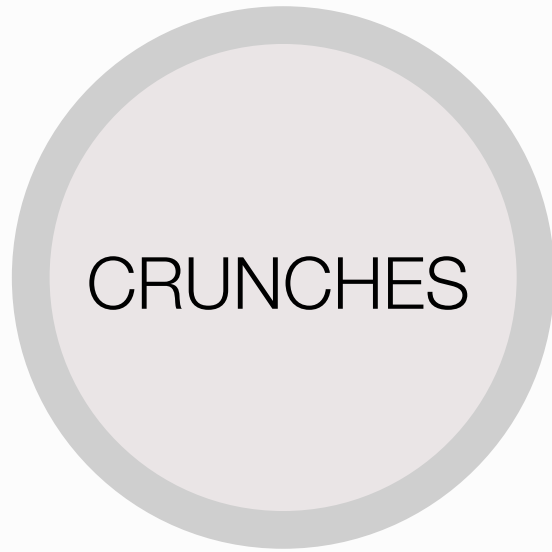


10

CRISS-CROSS



11



12



WORKOUT

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