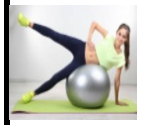
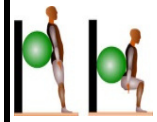
Trainingsplan	**Gymnastikball**		**Name**		

Übung	Sit Up Bauch		Unterbauch		Rücken		 Innenbein		Außenbein		 Gesäß / Beine		Liegestütze		Spaß haben	
Datum	**W**	**S**	**W**	**S**	**W**	**S**	**W**	**S**	**W**	**S**	**W**	**S**	**W**	**S**	**W**	**S**