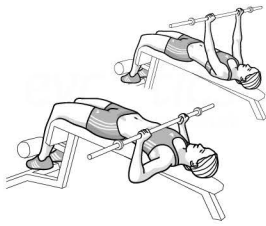


Kraftübungen für SteherInnen für Zuhause

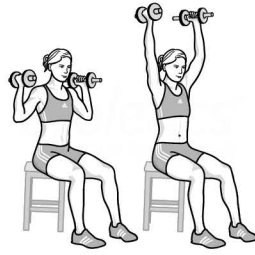


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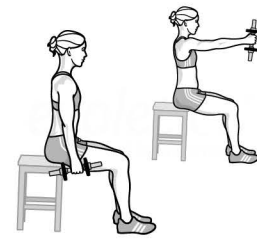
Bankdrücken - negativ Rückenlage

#0003



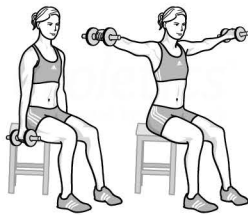
Schulterdrücken beidarmig - Kurzhantel

#0017



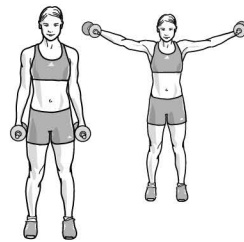
Frontheben - einarmig - Kurzhantel

#0032



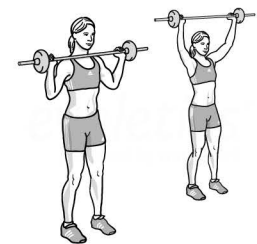
Seitheben beidarmig - Kurzhantel

#0041



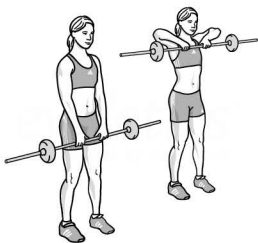
Seitheben beidarmig - Kurzhantel

#0053



Schulterdrücken - Langhantel

#0091



Schulterheben - Langhantel

#0093



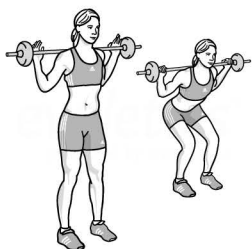
Rudern - einarmig - Kurzhantel

#0105



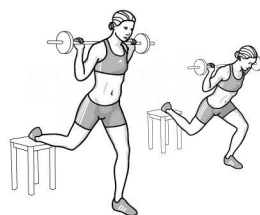
Rudern - einarmig - Kurzhantel

#0115



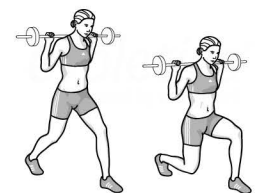
Kniebeuge - beidbeinig - Langhantel

#0131



Kniebeuge - einbeinig - Langhantel

#0147



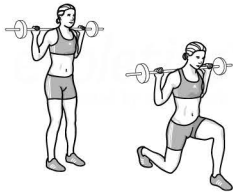
Kniebeuge - Schrittstellung - Langhantel

#0154

Kraftübungen für SteherInnen für Zuhause

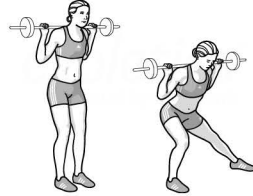


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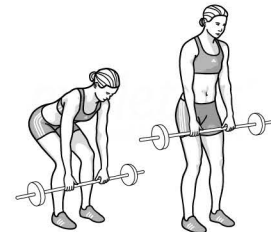
Ausfallschritt - vorwärts Langhantel

#0157



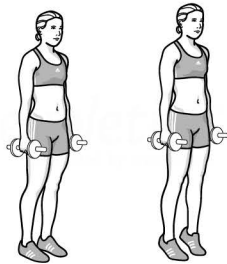
Ausfallschritt - seitwärts Langhantel

#0159



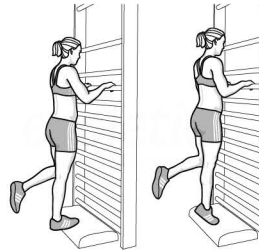
Kreuzheben - Langhantel

#0172



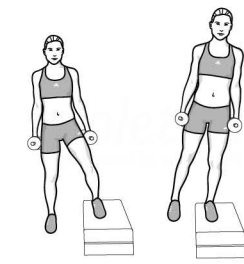
Wadenheben beidbeinig - Kurzhantel

#0190



Wadenheben - einbeinig

#0196



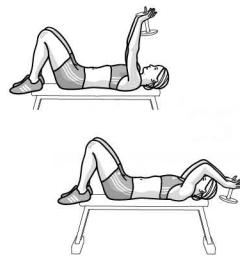
Aufsteiger - seitwärts - Kurzhantel

#0211



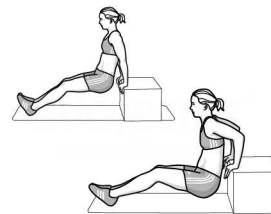
Flys - beidarmig, Rückenlage - Kurzhantel

#0213



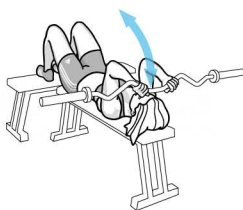
Überzug - beidarmig, Rückenlage

#0218



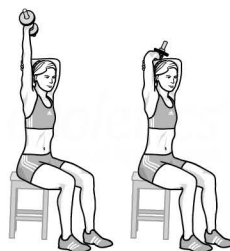
Dips

#0220



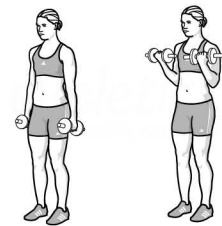
Trizeps drücken Seilzug Hantel Rückenlage

#0222



Trizeps drücken einarmig - Kurzhantel

#0226



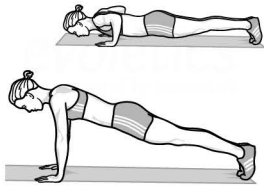
Bizeps curl - beidarmig - Kurzhantel

#0229

Kraftübungen für SteherInnen für Zuhause

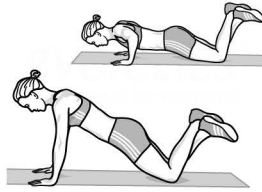


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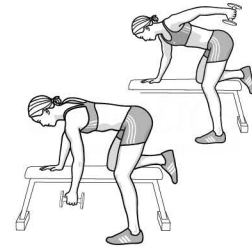
Liegestütz

#0242



Liegestütz - kurzer Hebel

#0243



Rückheben - einarmig - Kurzhantel

#0254



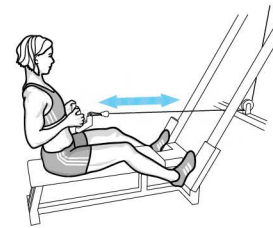
Trizeps drücken einarmig

#0259



Latzug - vor Kopf, Ristgriff - Zugweg voll

#1901



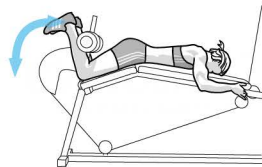
Rudern beidarmig - Maschine

#1908



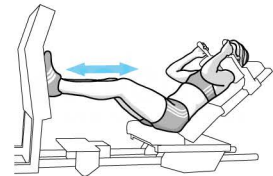
Knie strecken beidbeinig - Maschine

#1954



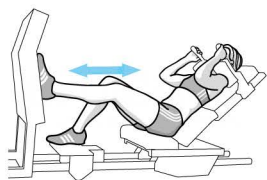
Knie beugen beidbeinig - Maschine

#1957



Beinpresse horiz. beidbeinig - Maschine

#1964



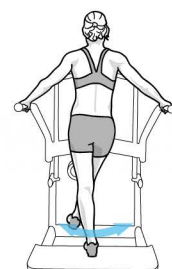
Beinpresse horizontal einbeinig - Maschine

#1966



Abduktion Bein - einbeinig - Maschine

#1982



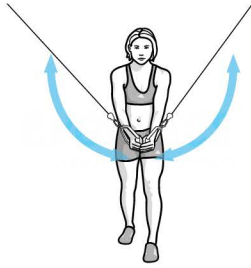
Adduktion Bein - einbeinig - Maschine

#1984

Kraftübungen für SteherInnen für Zuhause

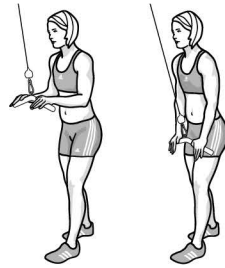


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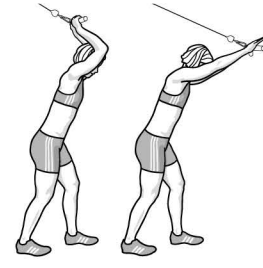
Flys - beidarmig Seilzug

#1994



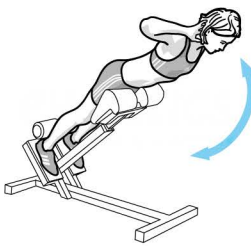
Trizeps drücken beidarmig - Seilzug

#2007



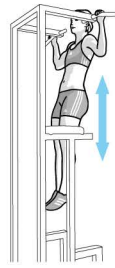
Trizeps drücken beidarmig - Seilzug

#2011



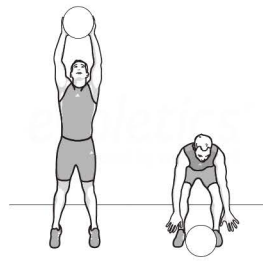
Rücken strecken - Maschine

#2035



Klimmzug - Maschine - Ristgriff

#2042



Überkopfsalm-beidarmig-Ball-Stand

#3130
