

**WARMING UP**

CROSSTRAINING

10 Minuten

Level 5

**WORKOUT**

SEATED LEG PRESS

3 Sets

10 Herhalingen

SEATED LEG PRESS

3 Sets

10 Herhalingen

SEATED LEG CURL

3 Sets

10 Herhalingen

ADDUCTOR

3 Sets

10 Herhalingen

ADDUCTOR

3 Sets

10 Herhalingen

GLUTE MACHINE

3 Sets

10 Herhalingen

TOTAL ABDOMINAL

3 Sets

10 Herhalingen

ROTARY TORSO

3 Sets

10 Herhalingen

**COOLING DOWN**

STEP

10 Minuten

Level 3