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Level 1                      Level 2                      Level 1                      Level 2

Start Position

## Legs / Glutes

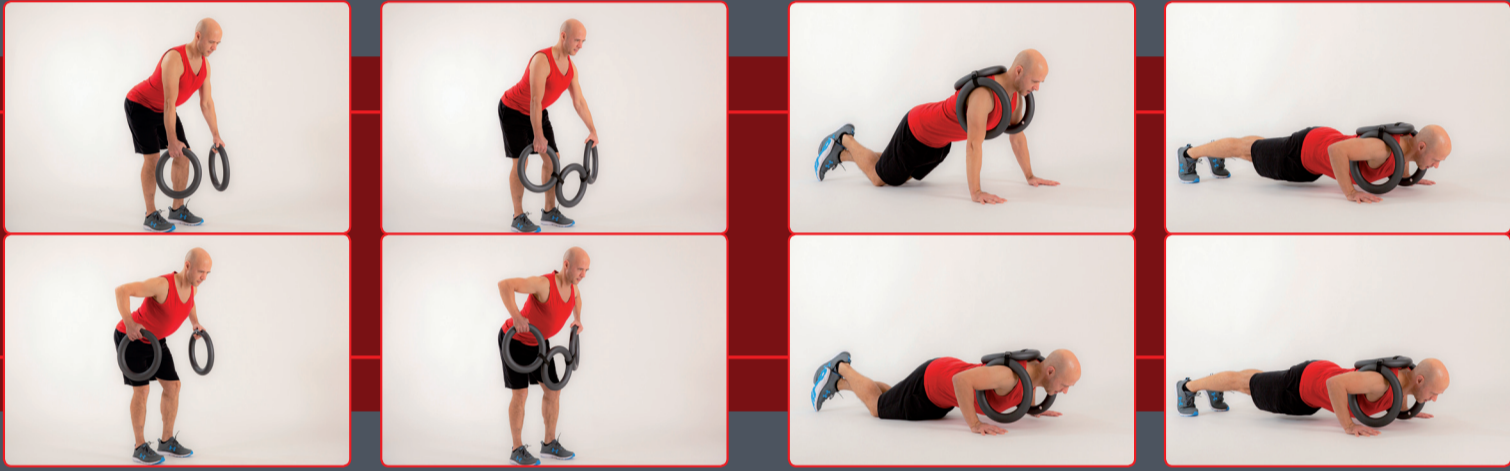
End Position



Start Position

## Upper Body

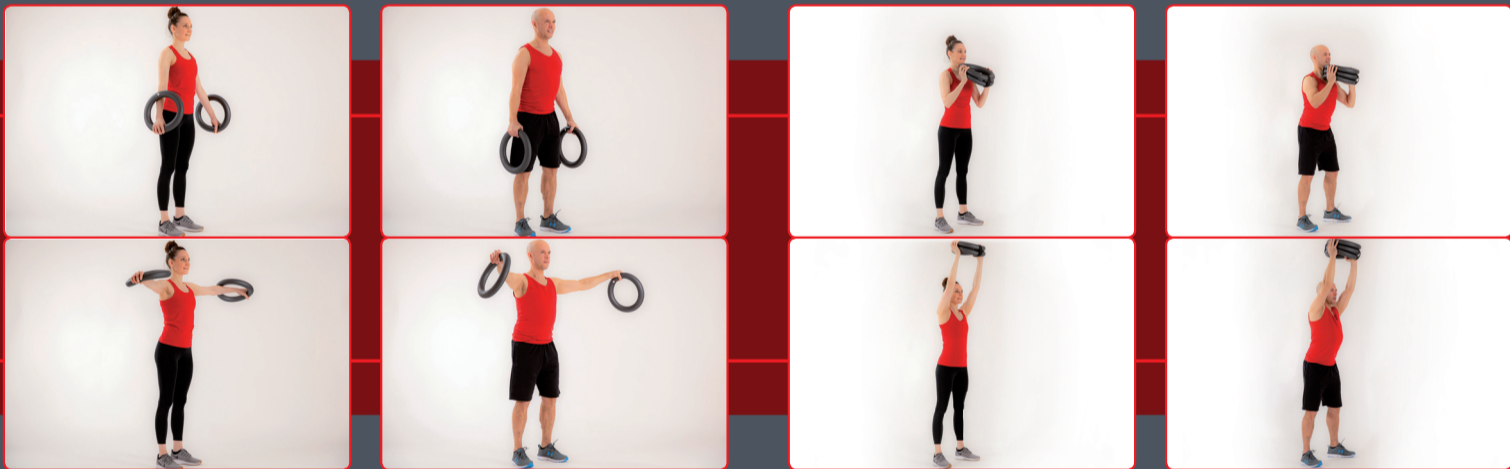
End Position



Start Position

## Upper Body

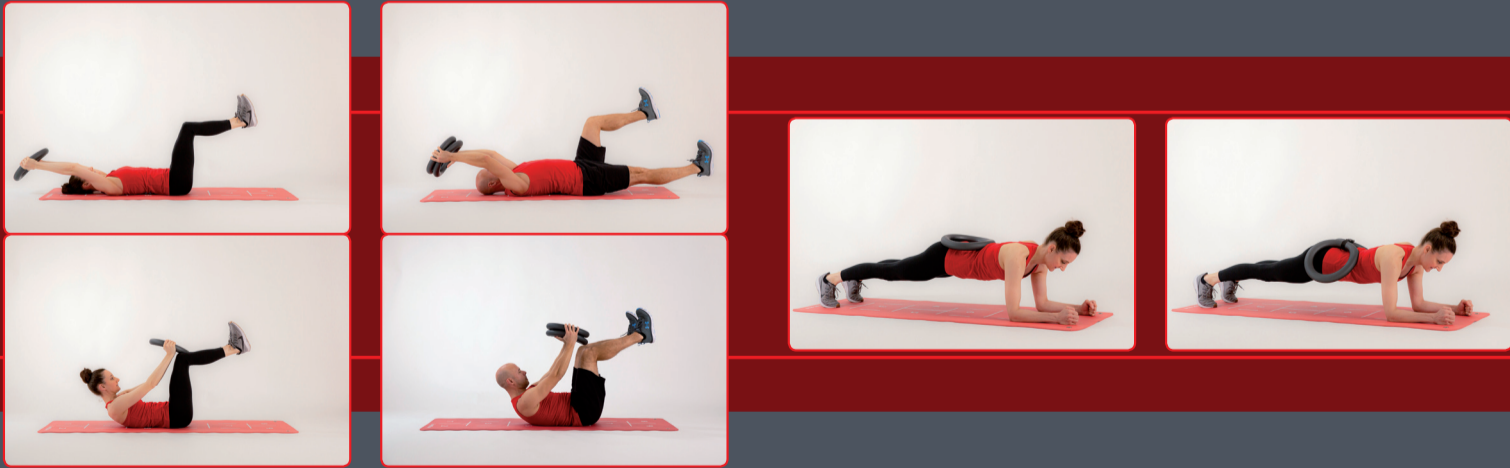
End Position



Start Position

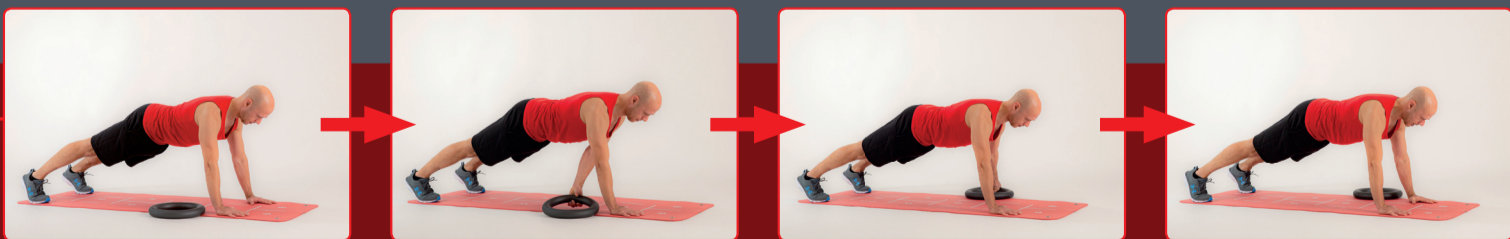
## Abs & Core

End Position



## Abs & Core

### Challenge



Level 2: Gleiche Plank Kombination zzgl. 2 Ringe auf Rumpfhöhe auflegen



## Basics



Start Position

10-20  
x  
1-3



End Position



*Repetitions and sets  
of each exercise*

## Increase Intensity:

Slower Movement / + Range of motion / + Set / + Duration



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