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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**

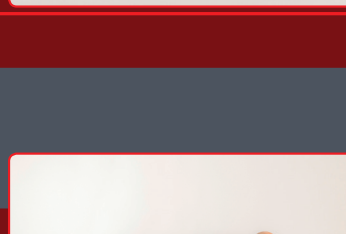
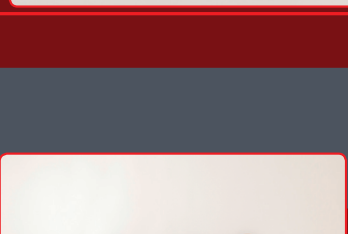
End Position



Start Position

**Abs &
Core**

End Position



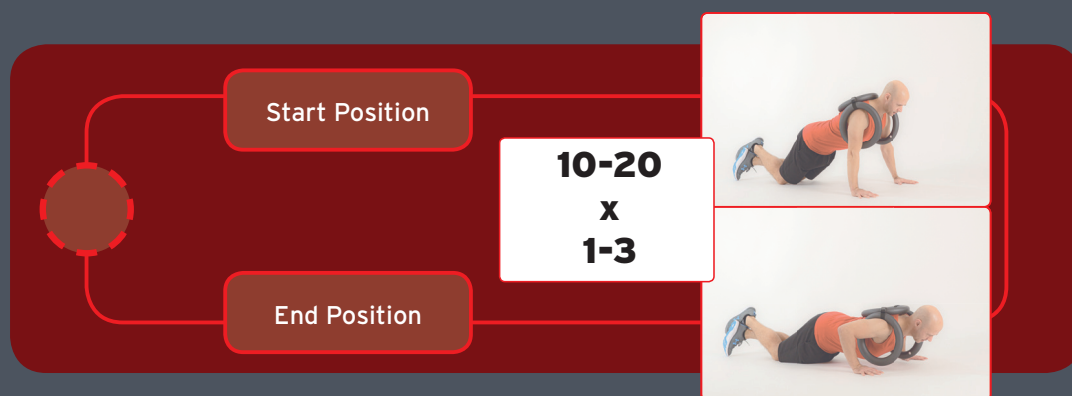
**Abs &
Core**

Challenge



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

Basics



***Repetitions and sets
of each exercise***

Increase Intensity:

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



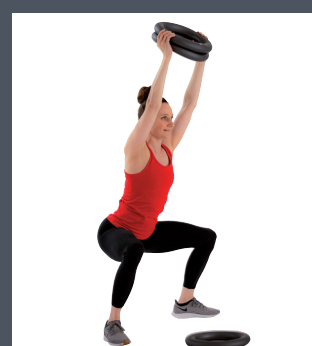
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star
school for training and recreation

**Basics and
Instruction**



**Training: Full
Body Workout**



**Training:
Abs & Core**

