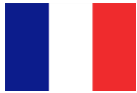


Springseil hüpfen



Saltacuerda



Sautez a la corde





Springen



Corre



Courez

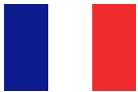




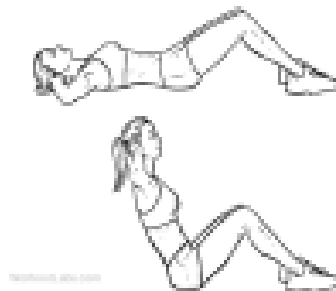
Bauchpressen



Hacer Abdominales



Faites dezredressements assis

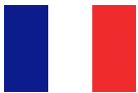




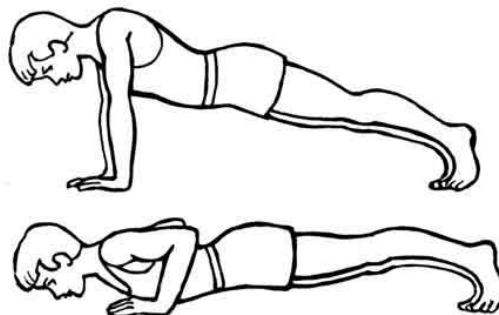
Armbeugen



Pechadas



Faites des tractions





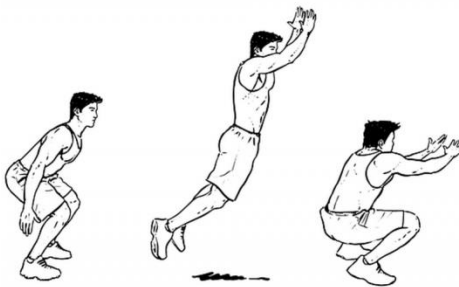
Hüpfen



Saltar

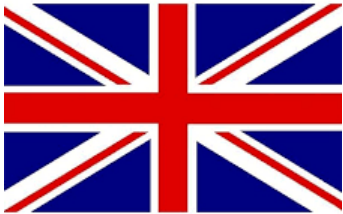


Sautez





**HOPPA**  
**HOPPREP**



**SKIPPING**

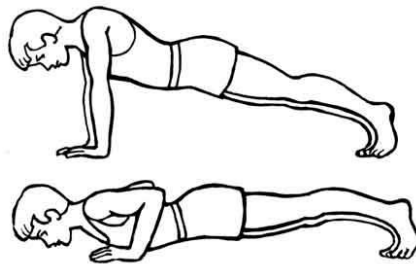




**ARMHÄVNINGAR**

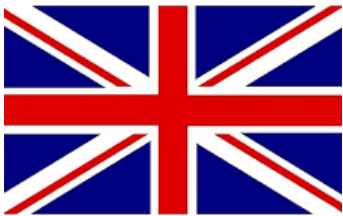


**PUSH UP**





**SIT - UPS**



**SIT - UPS**

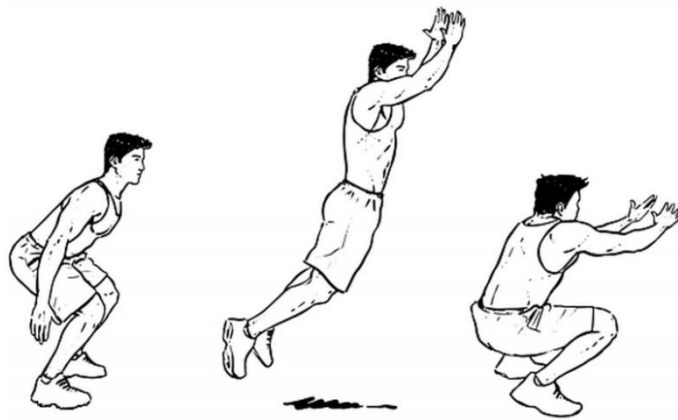




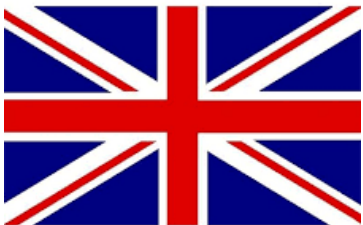
**SPRINGA**



**RUN**



**HOPPA**



**JUMP**