



| Nr. | Übung | Day 1 | Day 3 | Day 5 | Day 7 | Day 9 | Day 11 | Day 13 | Day 15 | Day 17 | Day 19 |
|-----|-------------------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|
| 1 | push ups | 10 | 10 | 10 | 13 | 13 | 15 | 15 | 17 | 17 | 20 |
| 2 | superman | 10 | 10 | 10 | 13 | 13 | 15 | 15 | 17 | 17 | 20 |
| 3 | standing punches | 30 | 30 | 34 | 34 | 38 | 38 | 42 | 42 | 46 | 50 |
| 4 | glute bridges | 10 | 10 | 10 | 13 | 13 | 15 | 15 | 17 | 17 | 20 |
| 5 | jumping lunges | 5 | 5 | 7 | 7 | 9 | 9 | 11 | 11 | 13 | 15 |
| 6 | plank ups | 5 | 5 | 7 | 7 | 9 | 9 | 11 | 11 | 13 | 15 |
| 7 | ankle taps | 30 | 30 | 34 | 34 | 38 | 38 | 42 | 42 | 46 | 50 |
| 8 | jump squats | 10 | 10 | 15 | 15 | 20 | 20 | 25 | 25 | 30 | 30 |
| 9 | mountain climbers | 20 | 20 | 24 | 24 | 28 | 28 | 32 | 32 | 36 | 40 |
| 10 | flutter kicks | 20 | 20 | 24 | 24 | 28 | 28 | 32 | 32 | 36 | 40 |



Medienpartner

TAGBLATT

