

Trainingsplan

Kampfsport Workout

Ziel: Fitness 8 Wochen / a 2 Einheiten

Name _____

	
	Name
Kampfsport Workout	Ziel:Fitness 8 Wochen / a 2 Einheiten
<u>Trainingsplan</u>	



上卷

A black and white line drawing of a person in mid-stride, running towards the right. The person is wearing a tank top, shorts, and athletic shoes. The background is plain white.

A black and white line drawing of a person in mid-stride, running towards the right. The person is wearing a tank top, shorts, and sneakers. The background is plain white.



Pratzentraining

Pratzentraining



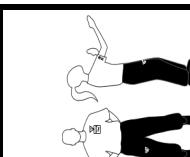
2

2



Sandack 11

Sandack 11



Formtraining Sprungseil

Formtraining Sprungseil



Cardio

Cardio

100

100