

1- MB Slams: 10-15 Wdh.



2-Einarmige MB Slams: 10 Wdh. pro Arm.



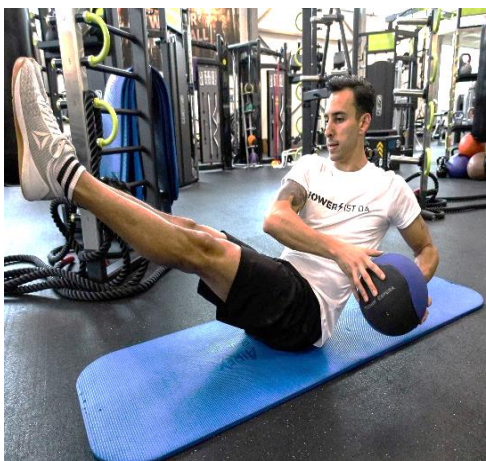
3-MB Russian Twists: 30 Sekunden



4-Supine MB Partner Throw: 15 Wdh.



5-MB Russian Twists mit gest. Knien: 30 Sekunden.



6-MB Banana Hold: 20-30 Sekunden.

