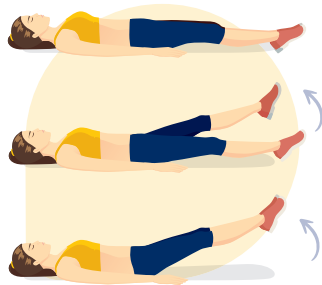


# 30 TAGE

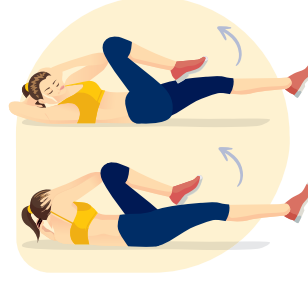
## bkk melitta hmr FITNESS-CHALLENGE



CRUNCHES



BEIN HEBEN



BICYCLE CRUNCHES



PLANK

### TAG 1

- 15 Crunches
- 6 Bein heben
- 12 Bicycle
- 15\* Plank

### TAG 2

- 20 Crunches
- 8 Bein heben
- 14 Bicycle
- 20\* Plank

### TAG 3

- 30 Crunches
- 10 Bein heben
- 16 Bicycle
- 25\* Plank

### TAG 4

- 35 Crunches
- 12 Bein heben
- 18 Bicycle
- 30\* Plank

### TAG 5



### TAG 6

- 40 Crunches
- 14 Bein heben
- 20 Bicycle
- 35\* Plank

### TAG 7

- 45 Crunches
- 16 Bein heben
- 22 Bicycle
- 40\* Plank

### TAG 8

- 50 Crunches
- 18 Bein heben
- 24 Bicycle
- 45\* Plank

### TAG 9

- 55 Crunches
- 20 Bein heben
- 26 Bicycle
- 50\* Plank

### TAG 10



### TAG 11

- 60 Crunches
- 22 Bein heben
- 28 Bicycle
- 55\* Plank

### TAG 12

- 65 Crunches
- 24 Bein heben
- 30 Bicycle
- 60\* Plank

### TAG 13

- 70 Crunches
- 26 Bein heben
- 32 Bicycle
- 65\* Plank

### TAG 14

- 75 Crunches
- 28 Bein heben
- 34 Bicycle
- 70\* Plank

### TAG 15



### TAG 16

- 80 Crunches
- 30 Bein heben
- 36 Bicycle
- 75\* Plank

### TAG 17

- 85 Crunches
- 32 Bein heben
- 38 Bicycle
- 80\* Plank

### TAG 18

- 90 Crunches
- 34 Bein heben
- 40 Bicycle
- 85\* Plank

### TAG 19

- 100 Crunches
- 36 Bein heben
- 42 Bicycle
- 90\* Plank

### TAG 20



### TAG 21

- 105 Crunches
- 38 Bein heben
- 44 Bicycle
- 95\* Plank

### TAG 22

- 110 Crunches
- 40 Bein heben
- 46 Bicycle
- 100\* Plank

### TAG 23

- 120 Crunches
- 42 Bein heben
- 48 Bicycle
- 105\* Plank

### TAG 24

- 125 Crunches
- 44 Bein heben
- 50 Bicycle
- 110\* Plank

### TAG 25



### TAG 26

- 130 Crunches
- 46 Bein heben
- 52 Bicycle
- 115\* Plank

### TAG 27

- 135 Crunches
- 48 Bein heben
- 54 Bicycle
- 120\* Plank

### TAG 28

- 140 Crunches
- 50 Bein heben
- 56 Bicycle
- 120\* Plank

### TAG 29

- 145 Crunches
- 52 Bein heben
- 58 Bicycle
- 125\* Plank

### TAG 30

