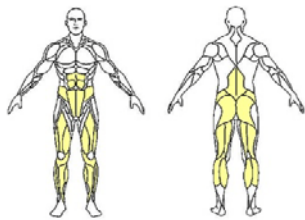
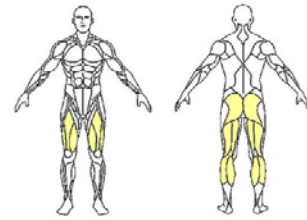


BOOTCAMP

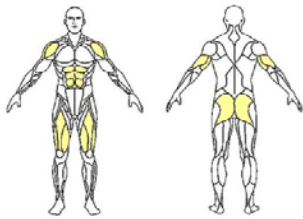
NR.	Exercises	Time	Reps.	Watt / KG	RPM
1	Indoor Cycling <i>Aktive erholung</i>	2 min		70 W / Frauen 100 W / Männer	80
2	Burpees	1 min			
3	Indoor Cycling <i>Aktive erholung</i>	2 min		70 W / Frauen 100 W / Männer	80
4	Plank Push ups	1 min			
5	mountain climbers	1 min			
6	Indoor Cycling <i>POWER</i>	2 min		150 W / Frauen 250 W / Männer	60
7	Jamping Jacks <i>Aktive erholung</i>	1 min			
8	Sumo-Kreuzheben-Hochzug LH	2 min		10 KG / Frauen 20 KG / Männer	
9	Indoor Cycling Stehen <i>POWER</i>	2 min		150 W / Frauen 250 W / Männer	60
10	Step Up LH	1 min		10 KG / Frauen 20 KG / Männer	



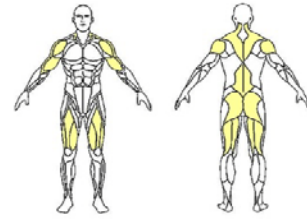
Indoor Cycling



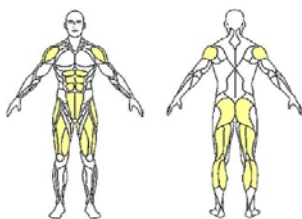
Step Ups



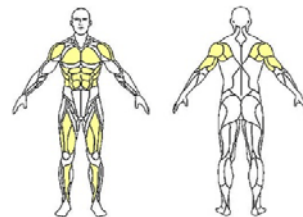
Mountain Climbers



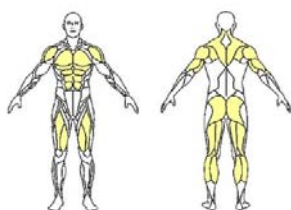
Sumo-Kreuzheben-Hochzug



Jamping Jacks



Plank



Burpees