

Übungsposter Gymstick 2.0 mit Galileo S 35 – Video unter:



Biceps Curl 1:32



Biceps Curl Squat 1:38



High Biceps Curl 1:44



High Biceps Squat 1:52



Front Raise: 2:00



Front Raise Squat 2:04



High Front Raise 2:10



High FR Squat 2:16



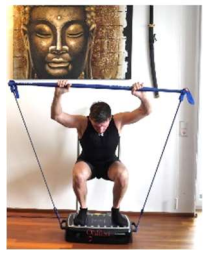
Military Front Raise 2:24



Military FR Squat 2:33



Shoulder Press 2:45



SP Squat 2:52



Single Front Raise 3:00



Single FR Squat 3:05



Wide Grip Rowing 3:24



Rowing Squat 3:28



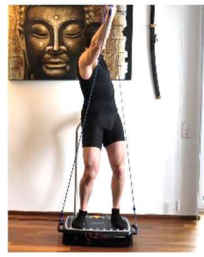
Front Hold & Turn 4:12



Deep Fr. H. & T. 4:18



Standing Rotation 4:36



High Up Standing R. 4:43



Front Standing R. 4:55



No Grab FR Squat 5:03



Übungen Untergriff 5:10



Biceps Curl 5:20



Biceps Curl Squat 5:23



High Biceps Curl 5:27



High B. Curl Squat 5:31



Half Front Raise 5:37



Half FR Squat 5:42



Front Press 5:52



Front Press Squat 5:57



Close Grip Rowing 6:25



C.G. Rowing Squat 6:30



Front Raise Turn 6:40



FR Hold T. Squat 7:00



God job! Markus Kaiser