

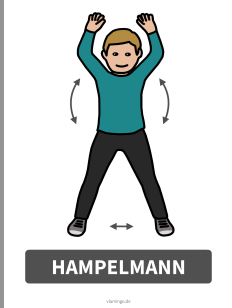
 <p>3x Klatschen</p>	 <p><b>KNIEBEUGE</b></p> <p>3x</p>	 <p>liegende Acht</p> <p>3x</p>	 <p><b>HAMPELMANN</b></p> <p>3x</p>
120	16	35	350
100	10	180	500
250	1800	160	12