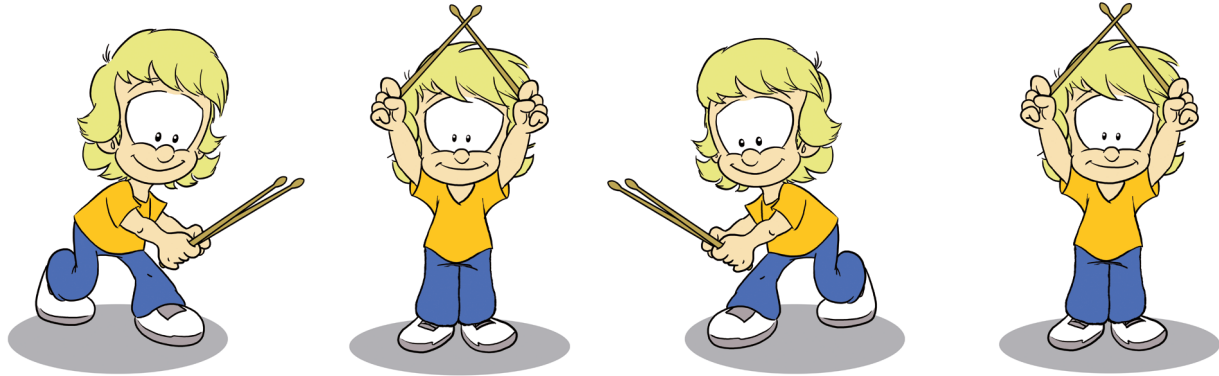


LUNGE FLOOR BEATS - KOMBINATION

CH



1. Lunge Floor Beats nach rechts
2. Overhead Clicks
3. Lunge Floor Beats links
4. Overhead Clicks (8x,4x,2x,1x) Wdh. links.

LUNGE FLOOR BEATS KOMBINATION