

TOGU® Functional Training

Abs

START POSITION



END POSITION



Powerball® Challenge ABS®



Stonies | Medicine ball



Dynair® Ballkissen®

3 x 20 sec



Multiroll® functional Roller



Back

START POSITION



END POSITION



Glutes | hamstrings

START POSITION



END POSITION



Shoulder | arms

START POSITION



END POSITION



Core

START POSITION



END POSITION

