

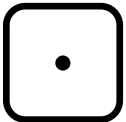


# Krokos Ferien@Home

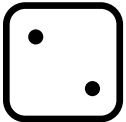
## Würfelworkout (Kraft)

### So geht's:

Würfle und mache die Übung.



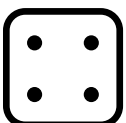
10 Sekunden Unterarmstütz



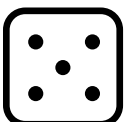
10 Hampelmänner



10 Sit-up's



10 Froschsprünge (Hockstrecksprünge)



10 Kniebeugen



10 Sekunden Wandsitz

