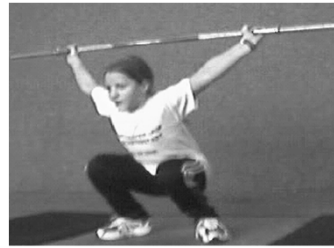
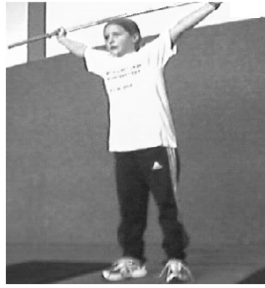


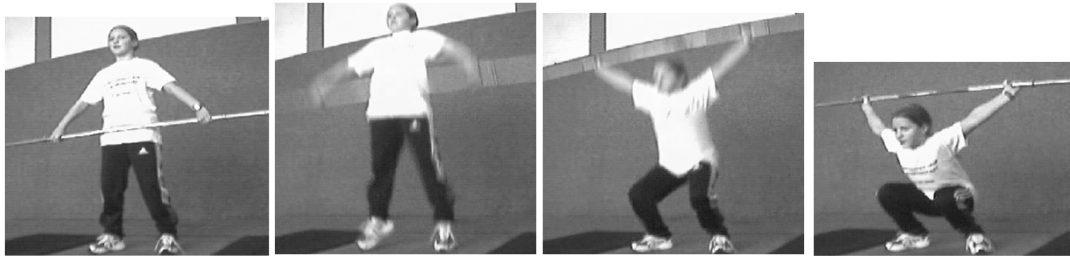


# Reißkniebeuge



1. **4 x 10 Reißkniebeuge**  
(Ein Besen geht auch.)

# Umbruppieren



2. **4 x 10 Ungruppieren**  
(Ein Besen geht auch.)