

SLINGFITNESS

Triathlon Training

powered by

VARIOSLING®
MADE IN GERMANY

3x
40s

2x
30s

2x
30s

3x
30s

2x
30s

3x2x
30s

Nimm dir 20sec Pause zwischen den Übungen



Perfekte Rumpfmuskulatur
durch Sling-Training!

www.slingfitness.de