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| **Datum** | **Übungen** | **Wdhg** | **Bemerkungen** |
| 01.01.2018 | Dips | 3 x 12 Variante \* | puh |
| Beispiel | Squats | 3 x 12 Variante \*\* |  |
|  | Liegestütz | 3 x 12 Variante \*\*\* |  |
|  | Kraulschwimmer | 3 x 45s Variante \*\*\* | leicht |
|  | Crunches | 3 x 12 Variante \*\* |  |
|  | Unterarmstütz | 3 x 45s Variante \*\* |  |
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|  | Crunches |  |  |
|  | Unterarmstütz |  |  |