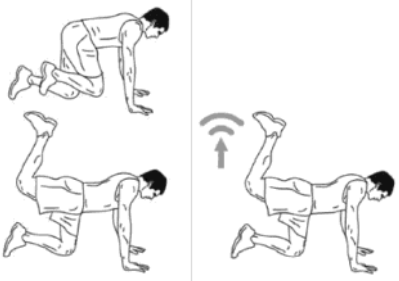
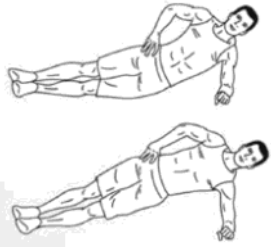
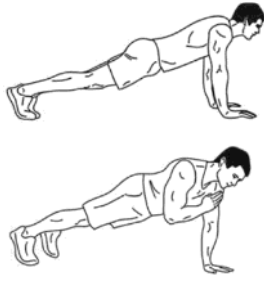
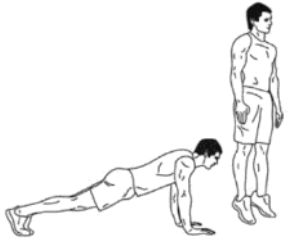
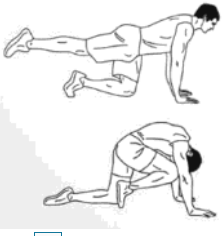
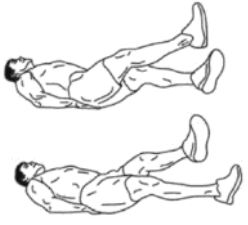
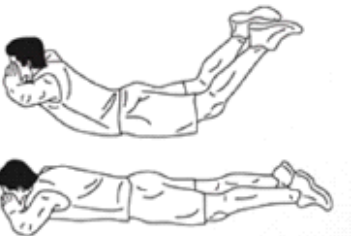
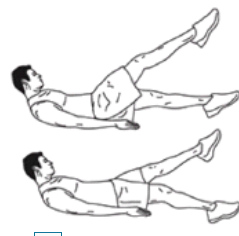
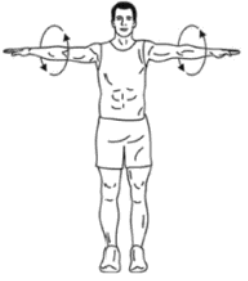
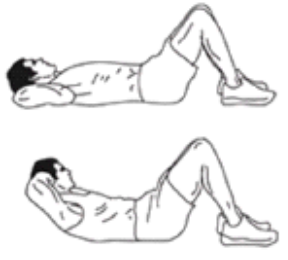

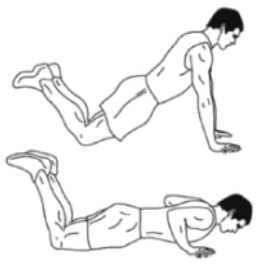



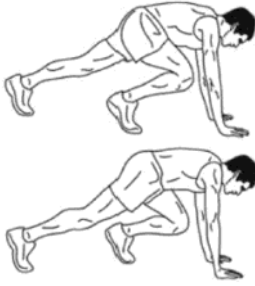
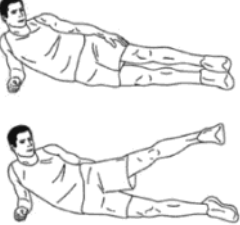



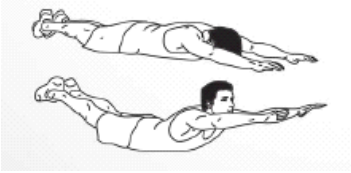


# Sport@Home Woche 04 - KW48 für Jugi Mättmi

Samstag, 21. November 2020 11:30



Wähle für dich die passende Anzahl Durchgänge sowie die Anzahl Wiederholungen je Übung im Durchgang. Du kannst selbstverständlich auch unterschiedliche Wiederholungen/Zeitdauer in den Durchgängen wählen. Viel Spass :-D

Woche 04 / KW48	23.11.-29.11.2020		
<input type="checkbox"/> Montag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x
<input type="checkbox"/> Dienstag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x
<input type="checkbox"/> Mittwoch <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x
<input type="checkbox"/> Donnerstag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x	 <input type="checkbox"/> 8x <input type="checkbox"/> 10x <input type="checkbox"/> 20x

<input type="checkbox"/> Freitag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec
<input type="checkbox"/> Samstag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec
<input type="checkbox"/> Sonntag <input type="checkbox"/> Durchgang 1 <input type="checkbox"/> Durchgang 2 <input type="checkbox"/> Durchgang 3 <input type="checkbox"/> Durchgang 4 <input type="checkbox"/> Durchgang 5	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec	<input type="checkbox"/>  <input type="checkbox"/> 20sec <input type="checkbox"/> 30sec <input type="checkbox"/> 50sec

<https://www.tvmettmenstetten.ch/index.php/riegen/jugi>

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