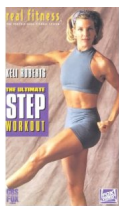


Keli Roberts: The ultimate step workout

Written by Eva

Sunday, 24 July 2011 19:38 - Last Updated Thursday, 11 August 2016 11:04

sorry, translation is coming soon



VHS



Sprache:	Englisch
Dauer:	ca. Min.
Art:	Intervalltraining
Step-Aerobic/Kraft	

Warm up:	10 Min.	
Step:	5 Min.	
Kraft:	10 Min.	
Step:	5 Min.	
Kraft:	10 Min.	
Benötigte Hilfsmittel:	Step:	5 Min.
Steppbrett u. Tube	Bauch/Rücken	10 Min.
alternativ Kurzhanteln	Cool Down:	5 Min.

[hier erhältlich](#)

Effektivität:



Anleitung:



Motivation:



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THIS WORKOUT IS A MUST-DO FOR ANYONE WHO WANTS TO GET IN THE BEST OF SHAPE AND STAY THERE. IT'S A CHALLENGE, BUT IT'S WORTH IT. YOU'LL BE SURPRISED AT HOW MUCH YOU CAN ACCOMPLISH IN JUST 30 MINUTES. IT'S A MUST-DO FOR ANYONE WHO WANTS TO GET IN THE BEST OF SHAPE AND STAY THERE. IT'S A CHALLENGE, BUT IT'S WORTH IT. YOU'LL BE SURPRISED AT HOW MUCH YOU CAN ACCOMPLISH IN JUST 30 MINUTES.