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OBERNDORF TAEKWONDO
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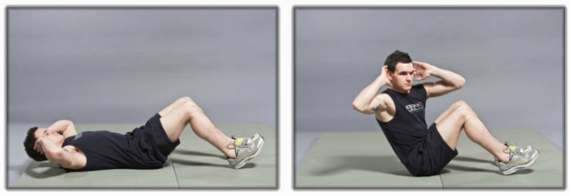
Stabilisationsplan April

Zusätzlich zum Vereinstraining - 2 mal in der Woche (in Kombination mit dem Beweglichkeitsprogramm)

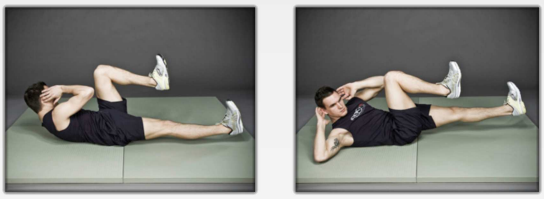
Core Stabilisation (12 Exercises)

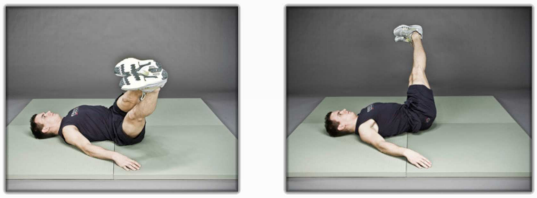
Intensity:	Duration:	Sets:	Recovery:	Frequency:
mid	30sec	2	30sec	2x per week

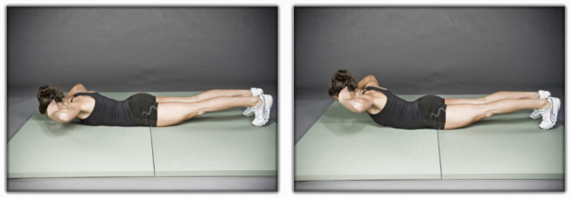
1 105

2 106


3 118

4 142


5 162


6 336


7 346

8 370

9 372

10 551

11 572

12 584