

Home-Training mit Bodywell - Woche 1

<https://youtu.be/spNOOvFkLyY> (Video jeweils mit Taste „k“ unterbrechen)

Ablauf:

1. Warm up
2. Training
je Übung:
 - 40 Sekunden Übung
 - 20 Sekunden Pause
3. Dehnung

Warm up	
Hampelmann	
Training	
Squats	
Squats breit	
	

<p>Ausfallschritte</p>	
<p>Waden</p>	
<p>Wandstehen</p>	
<p>Liegestützen breit</p>	
<p>Liegestützen schmal</p>	

<p>Dips am Stuhl</p>	
<p>Superman</p>	
<p>Crunches</p>	
<p>Leg Lift</p>	
<p>Planks</p>	

<p>Salamander</p>	 A man in a black t-shirt and blue sneakers is performing a salamander exercise on a green mat in a gym. He is on all fours, with one leg extended back and the other forward, mimicking a salamander's movement. A smaller inset video shows him in a different pose.
<p>Dehnungsübungen</p>  A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is standing with one leg raised and bent, holding the foot with his hands. A smaller inset video shows him in a different pose.	 A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is standing with one leg raised and bent, holding the foot with his hands. A smaller inset video shows him in a different pose.
 A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is sitting on the floor with one leg raised and bent, holding the foot with his hands.	 A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is lying on the floor with one leg raised and bent, holding the foot with his hands.
 A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is lying on the floor with one leg raised and bent, holding the foot with his hands.	 A man in a black t-shirt and blue sneakers is performing a stretching exercise in a gym. He is sitting on a chair with his hands clasped in front of him.

Mach das Training 2 bis 3 x pro Woche!

Viel Spass!

Euer Bodywell-Team