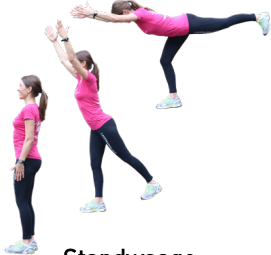
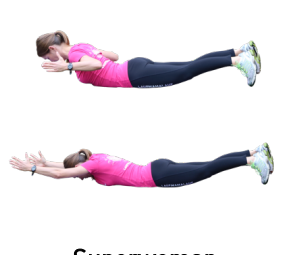
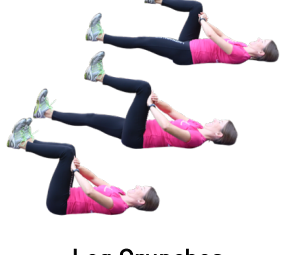


Family-Fitness-Bingo

F	 Standwaage	 Push Up	 Superwoman	 Leg Crunches
R	 Standing Upperbody Twist	 Shadow Boxing	 Mountain Climber	 Triceps Dips
Ü	 Lunge with Knee Lift	 Cat to Cow	 High Knees	 Bicycle Crunch
H	 Squat	 Russian Twist	 Plank	 Mountain Climber seitlich
	L	I	N	G