

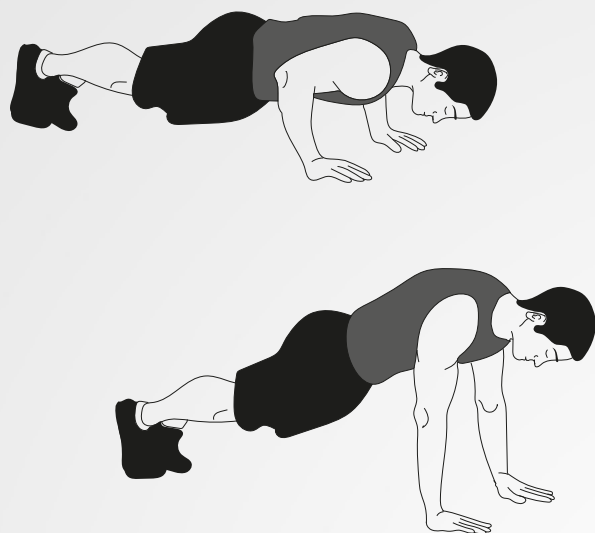
THOR

WORKOUT

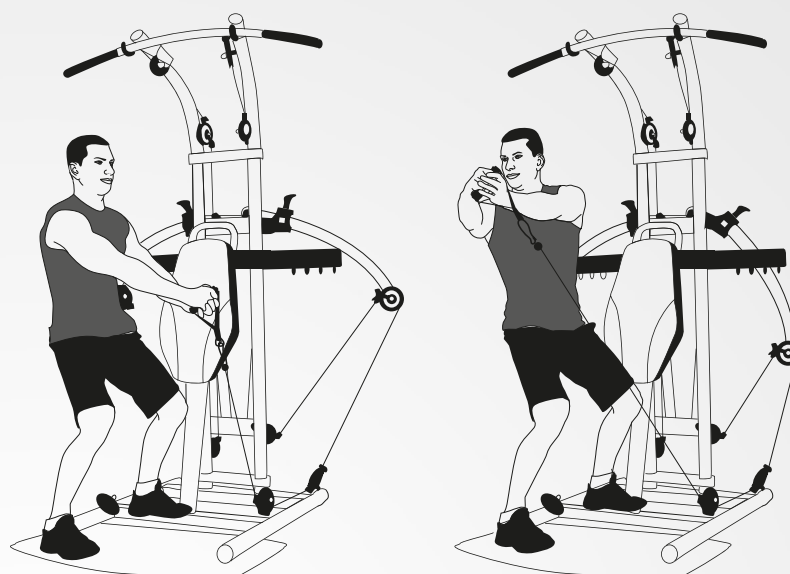
LEVEL 1 3 Durchgänge

LEVEL 2 5 Durchgänge

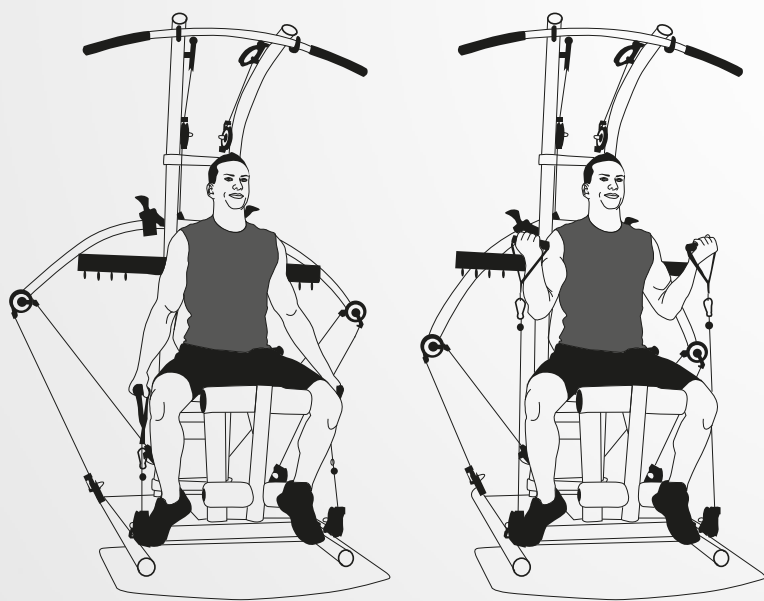
LEVEL 3 7 Durchgänge



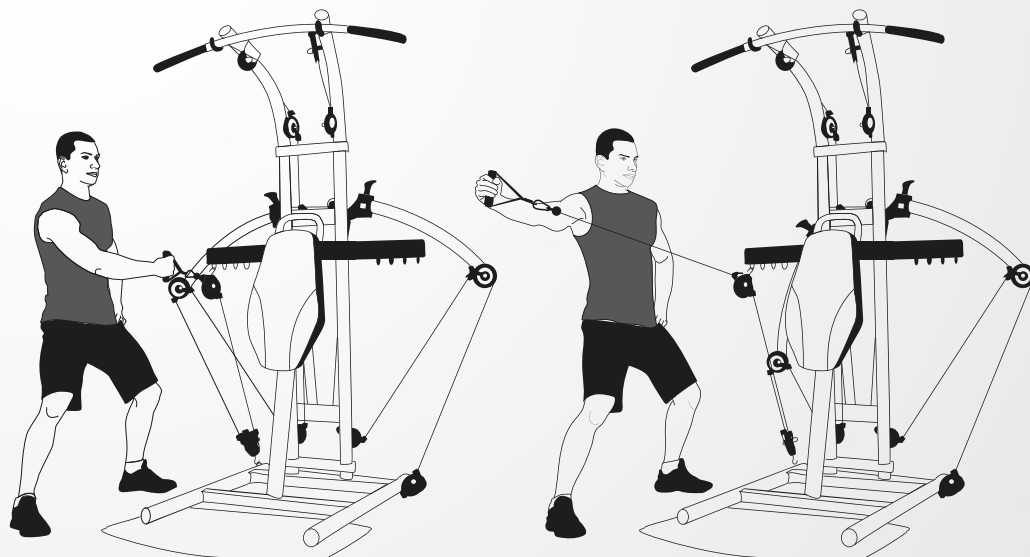
10 x **LIEGESTÜTZE**



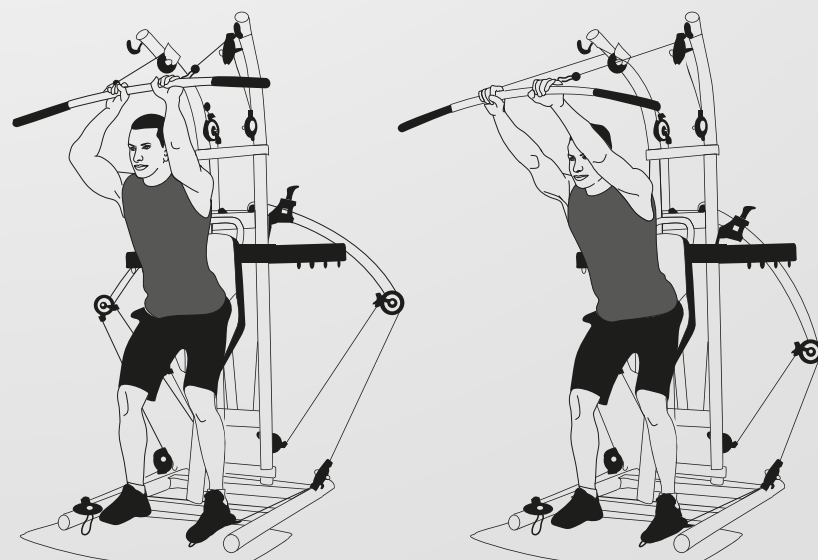
10 x PRO SEITE **RUMPF ROTATION**



10 x **BIZEPS CURLS**



10 x PRO SEITE **REVERSE BUTTERFLY**



10 x **TRIZEPS STRECKEN**