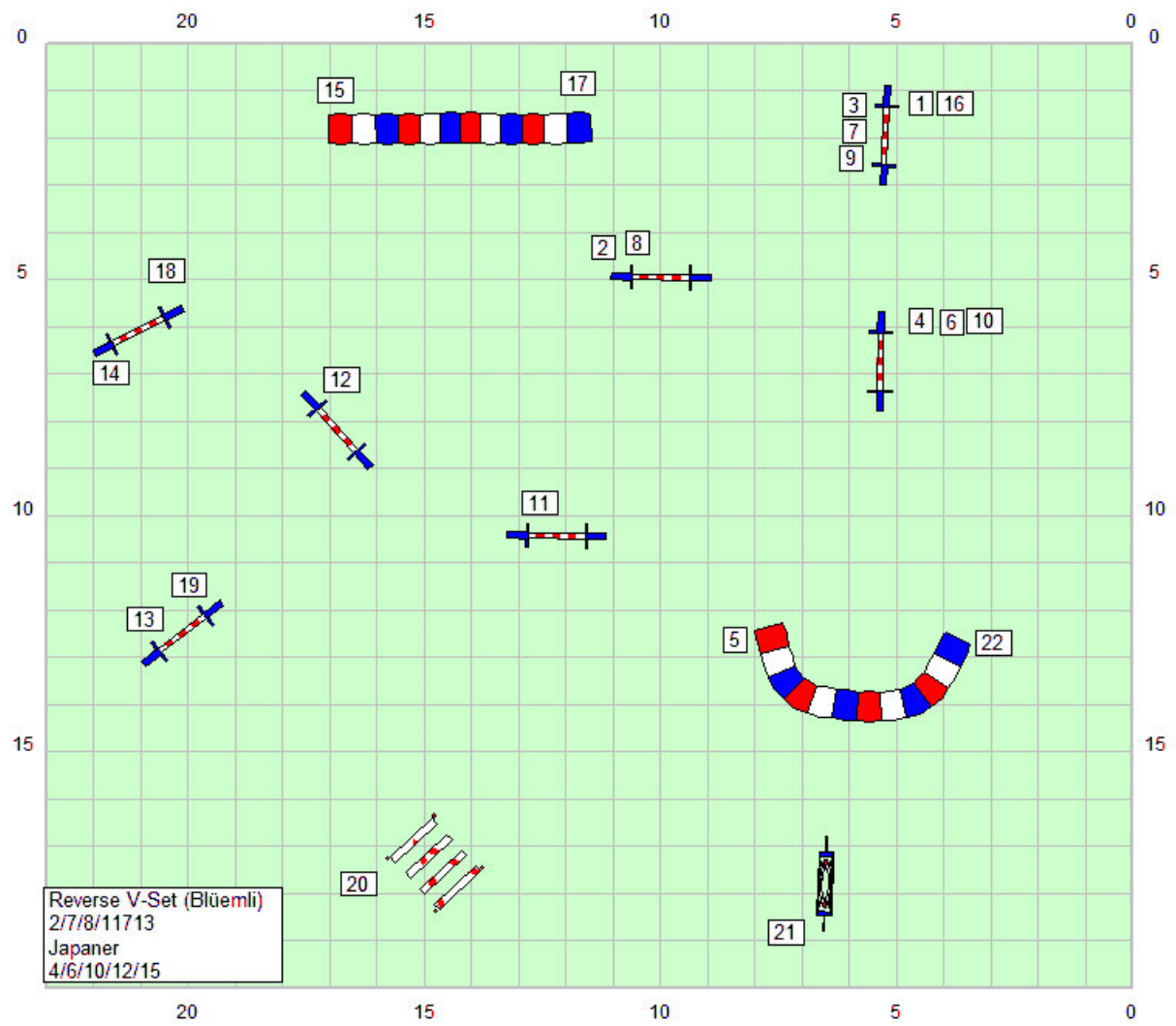


# Trainingsplan Woche 22 / 2016



Reverse V-Set (Blüemli)  
 2/7/8/11/13  
 Japaner  
 4/6/10/12/15