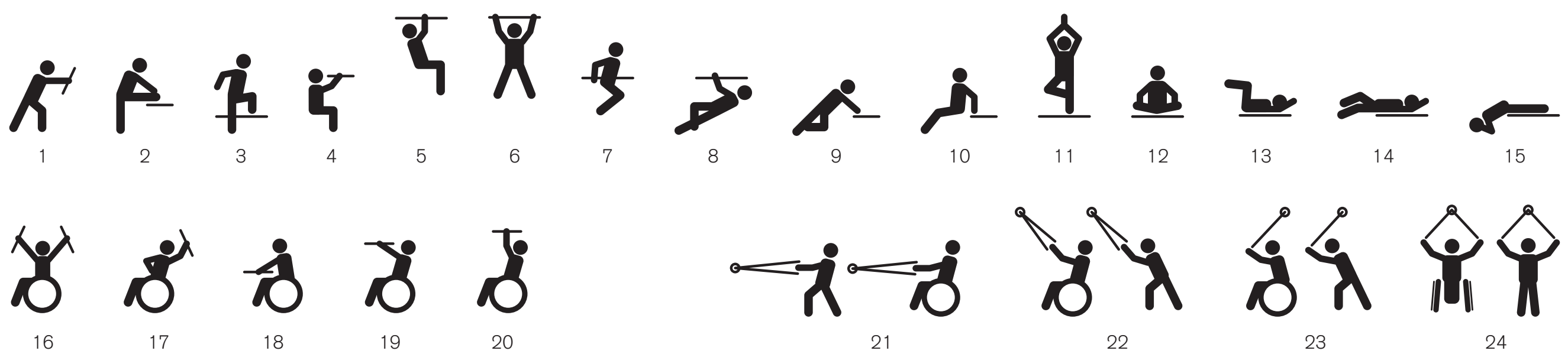
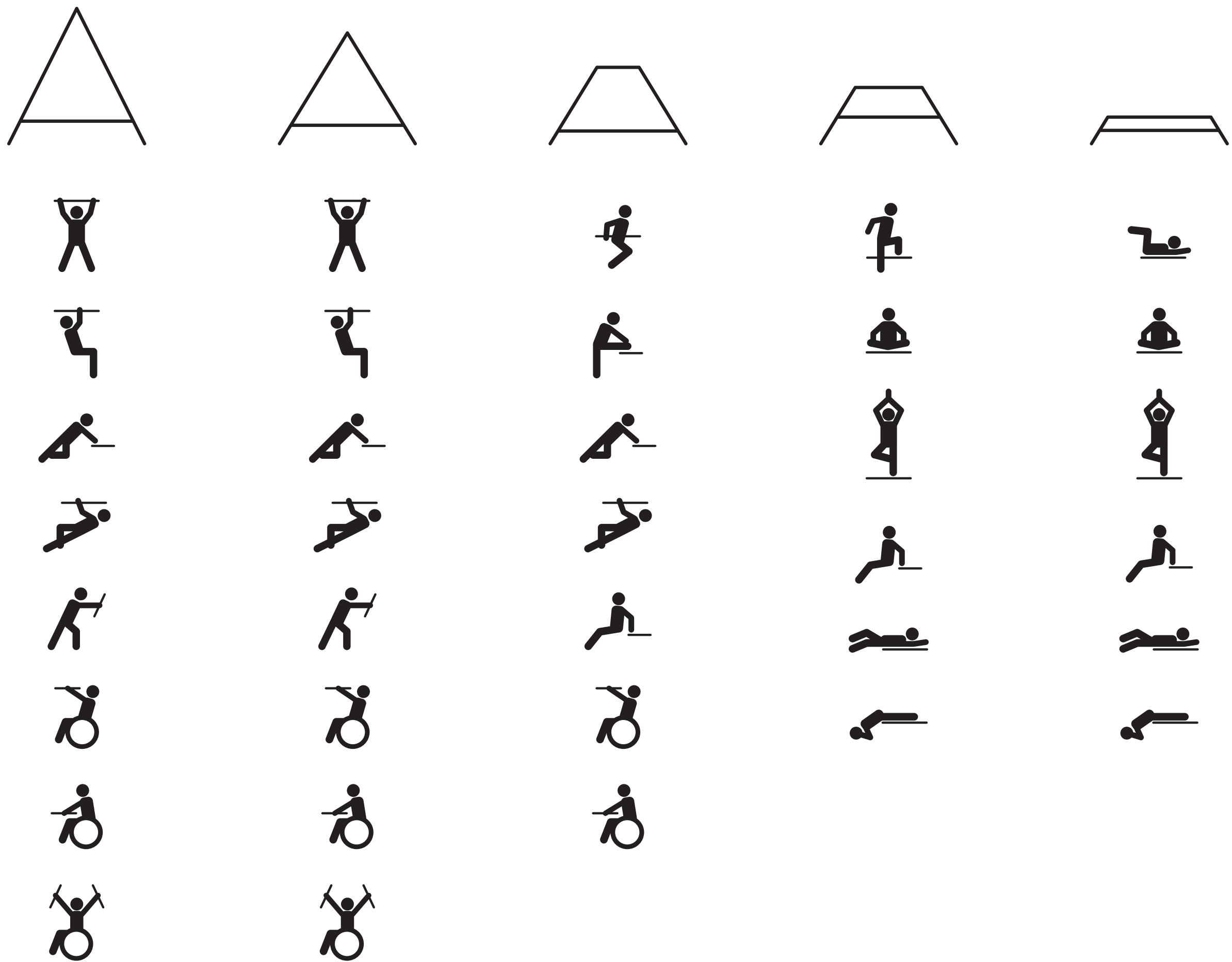


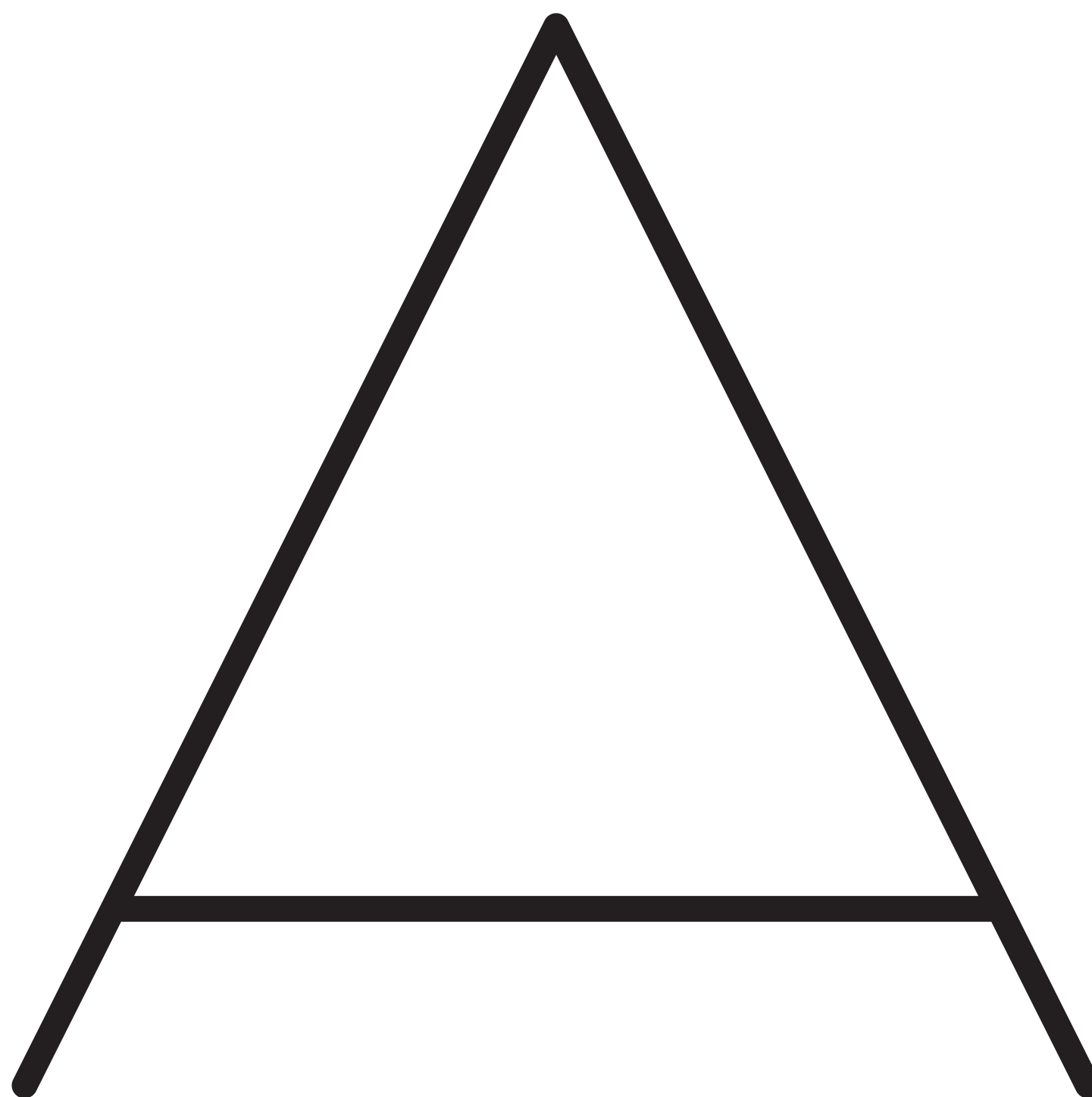
KEBNE OUTDOOR GYM Ö72-SIGN



- 1. Stretching, upper body
- 2. Stretching, legs
- 3. Leg & step workout
- 4. Leg workout with support
- 5. Leg & core workout
- 6. Arms & back workout
- 7. Arms & chest workout
- 8. Arms & back workout with support
- 9. Arms & chest workout with support
- 10. Arms & shoulder workout
- 11. Balance & yoga
- 12. Stretching, relaxation & recovery

- 13. Abs and core workout
- 14. Pelvis & core workout
- 15. Back & legs workout
- 16. Seated arms & chest workout
- 17. Seated stretching
- 18. Seated arms, back & torso conditioning
- 19. Seated arms, back & torso conditioning
- 20. Seated arms & back conditioning
- 21. Arms, back and upper body conditioning with resistance band
- 22. Arms, back and upper body conditioning with resistance band
- 23. Arms and upper body training with resistance band
- 24. Shoulder and upper arm training with resistance band

KEBNE OUTDOOR GYM Ö72-SIGN 1



Arms & back workout



Leg & core workout



Arms & chest workout with support



Arms & back workout with support



Stretching, upper body



Seated arms, back & torso conditioning



Seated arms, back & torso conditioning

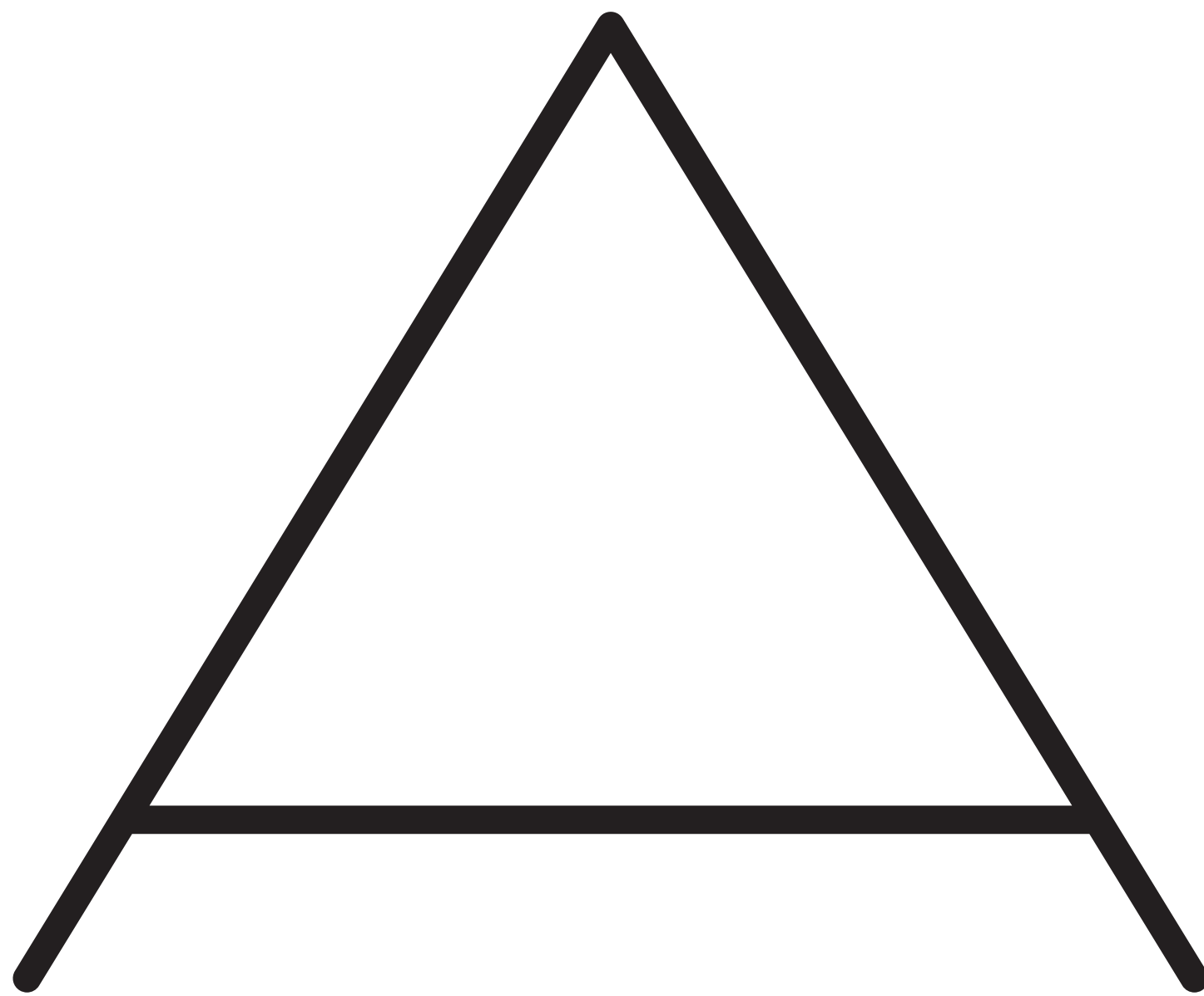


Seated arms & chest workout

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KEBNE OUTDOOR GYM Ö72-SIGN 2



Arms & back workout



Leg & core workout



Arms & chest workout with support



Arms & back workout with support



Stretching, upper body



Seated arms, back & torso conditioning

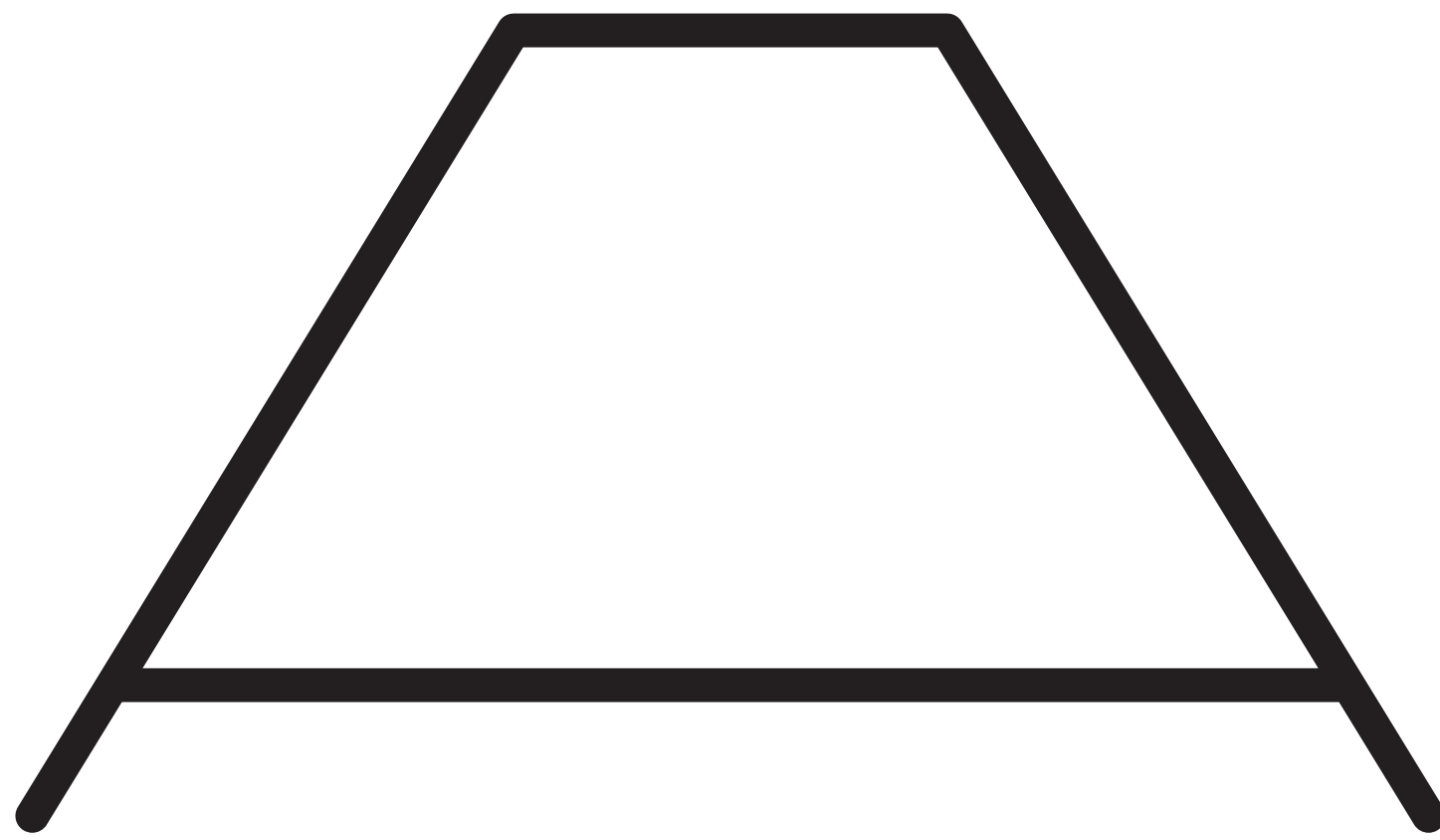


Seated arms, back & torso conditioning



Seated arms & chest workout

KEBNE OUTDOOR GYM Ö72-SIGN 3



Arms & chest workout



Stretching legs



Arms & chest workout with support



Arms & back workout with support



Arms & shoulder workout



Seated arms, back & torso conditioning



Seated arms, back & torso conditioning

KEBNE OUTDOOR GYM Ö72-SIGN 4



Leg & step workout



Stretching, relaxation & recovery



Balance & Yoga



Arms & shoulder workout



Pelvis & core workout



Back & legs workout

KEBNE OUTDOOR GYM Ö72-SIGN 5



Abs and core workout



Stretching, relaxation & recovery



Balance & Yoga



Arms & shoulder workout



Pelvis & core workout



Back & legs workout