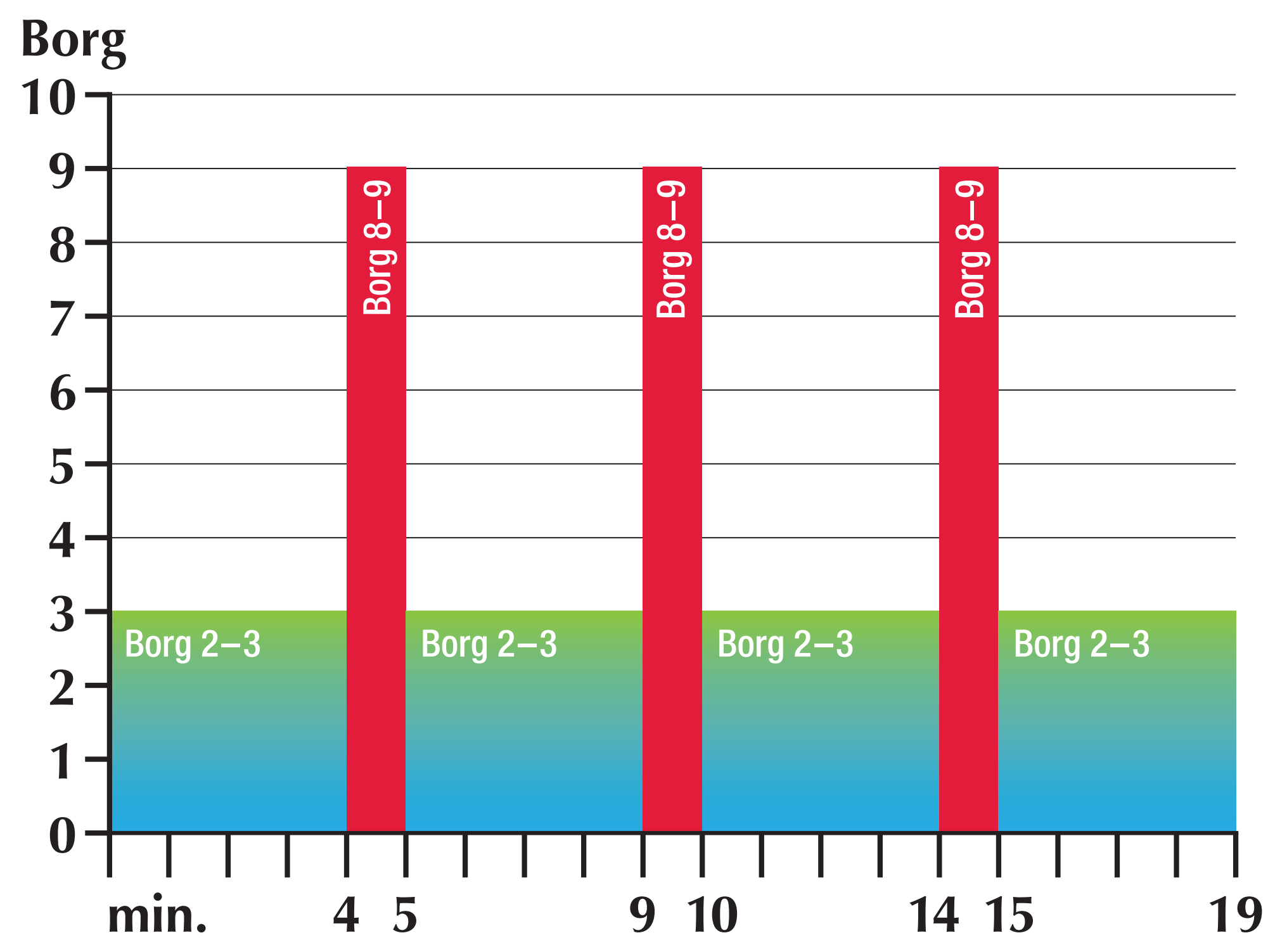


HERZKREISLAUFTRAINING

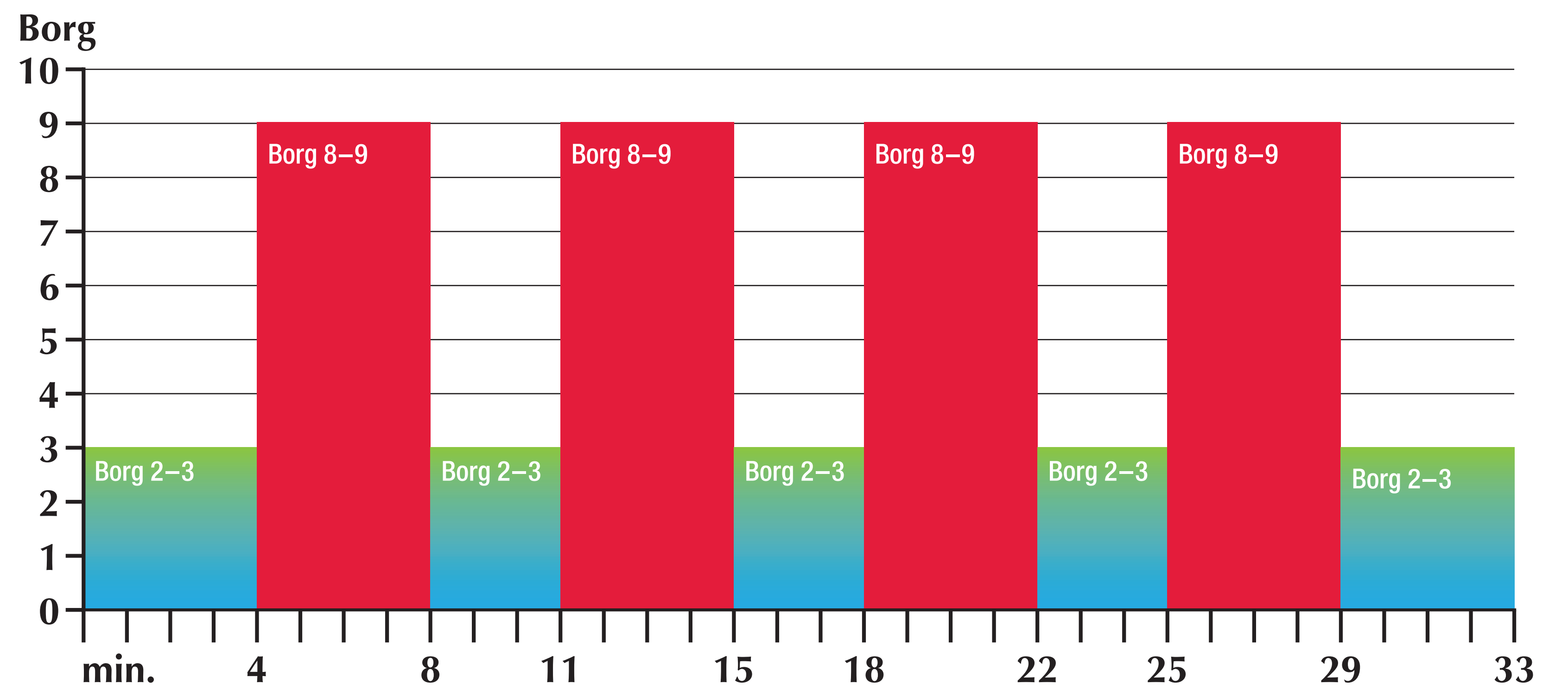
Einsteiger

Potenzial:

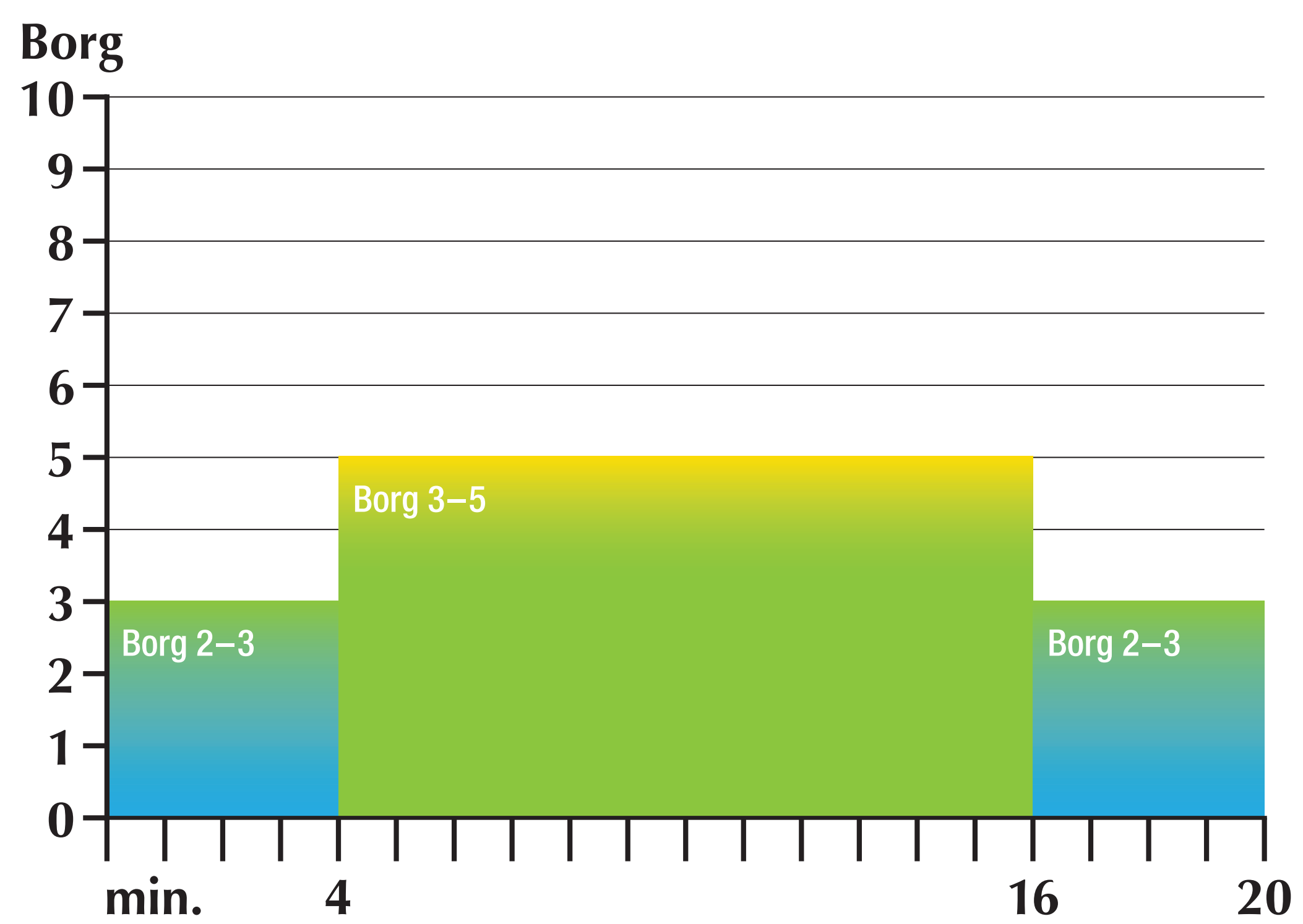


Fortgeschrittene

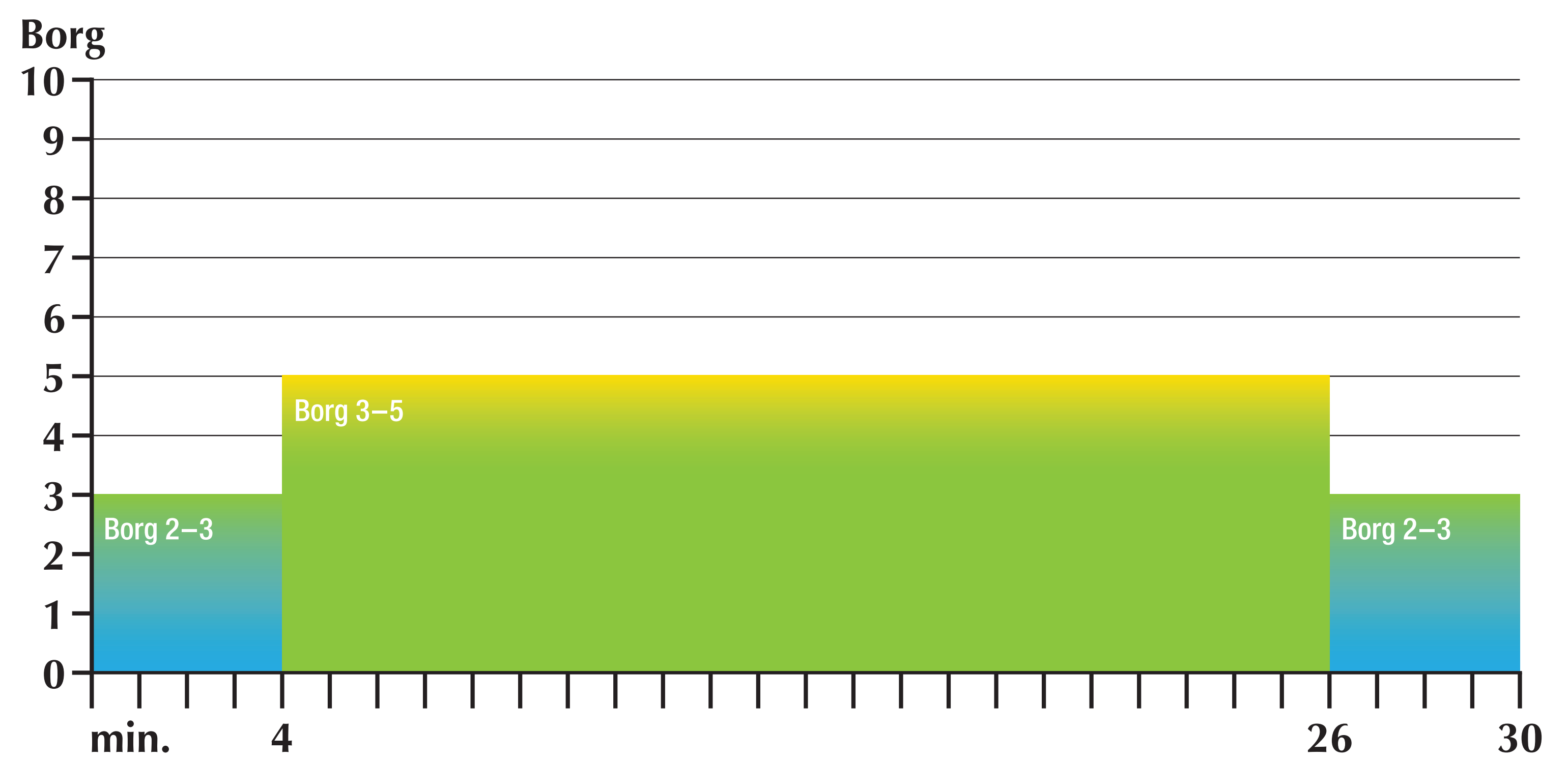
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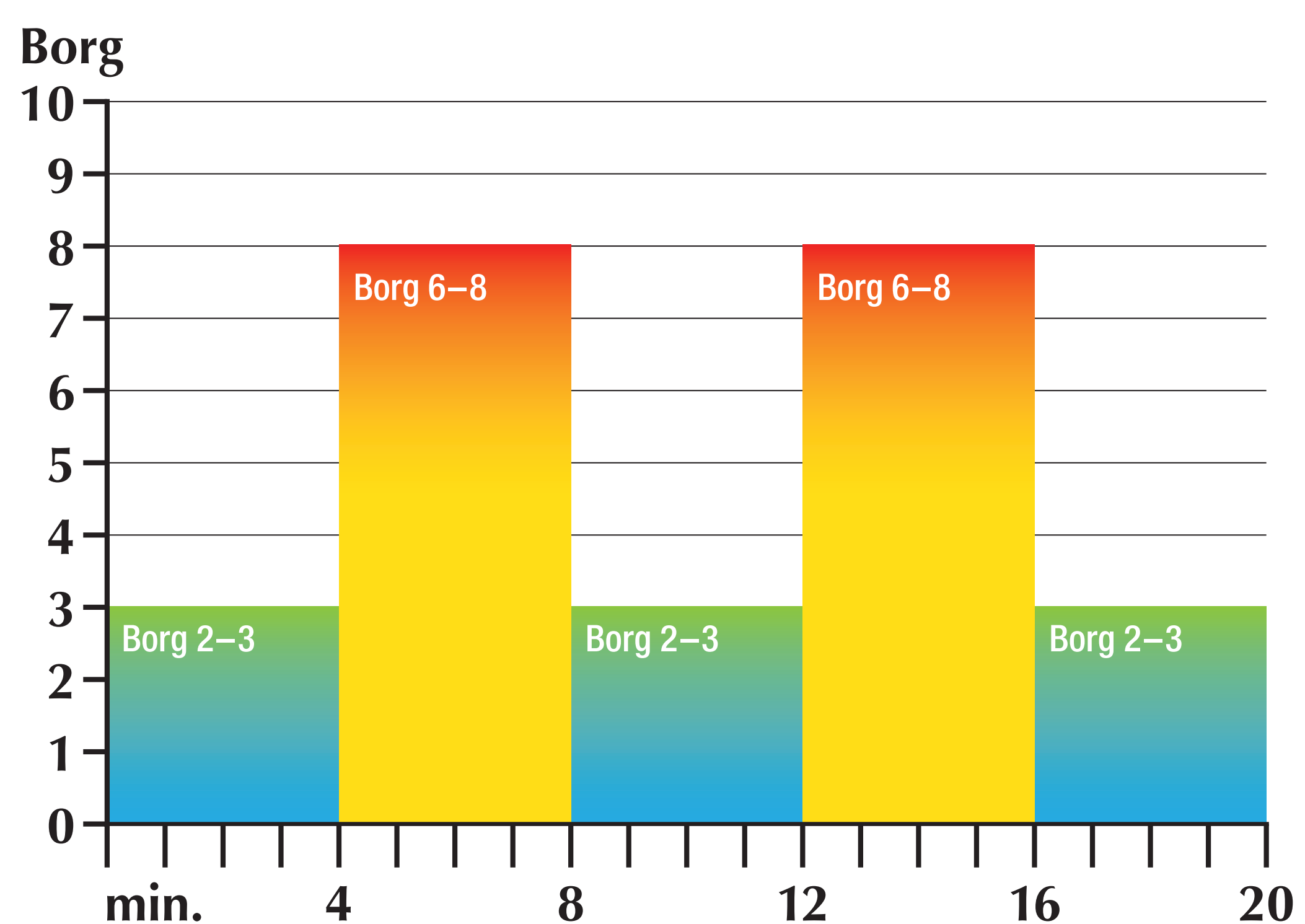
Ausschöpfung:



Ausschöpfung:



Ermüdungsresistenz:



Ermüdungsresistenz:

