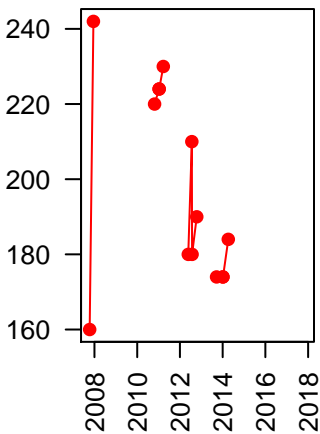
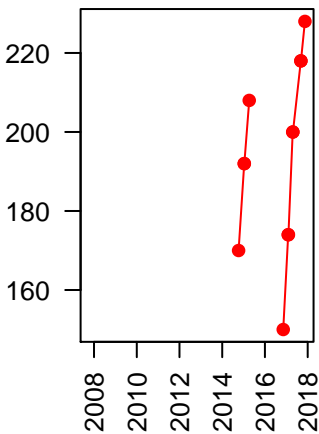


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

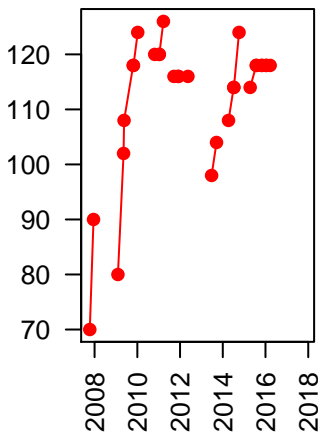
Uebung A1



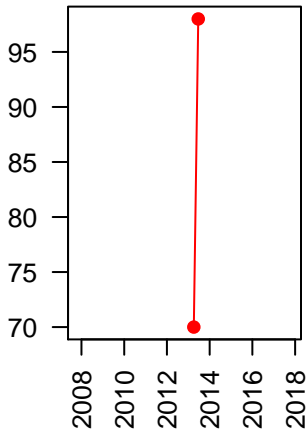
Uebung A1SSM



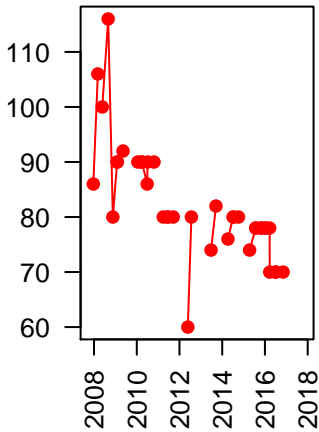
Uebung A2



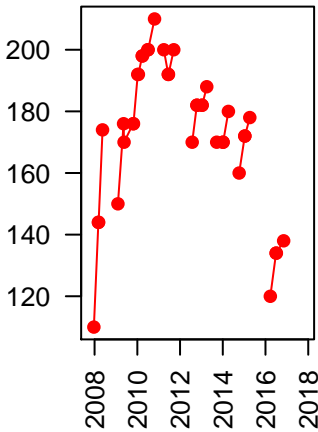
Uebung A2SSM



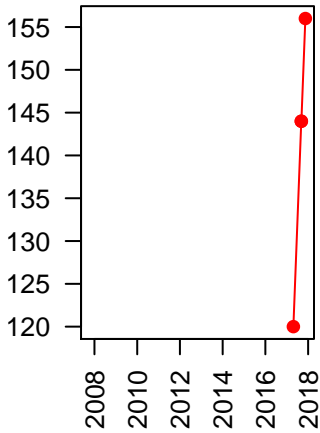
Uebung A3



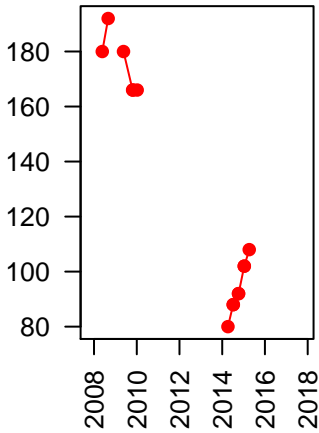
Uebung A4



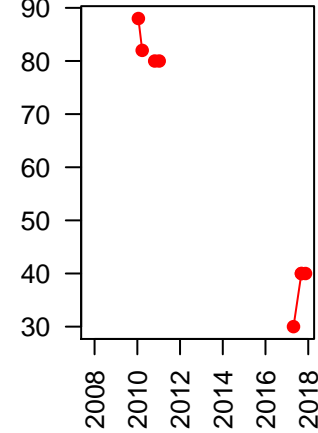
Uebung A4SSM



Uebung B1

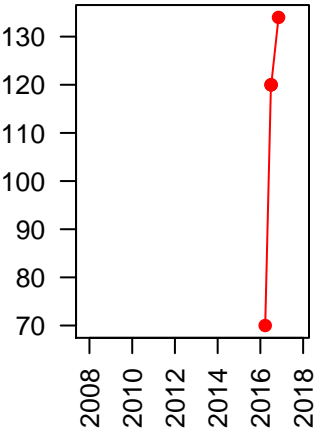


Uebung B1EINZELN

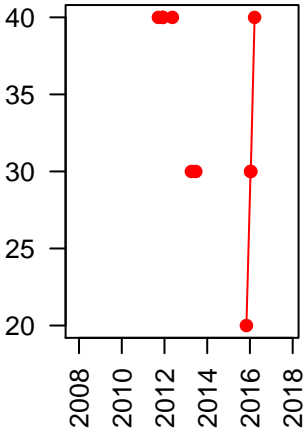


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

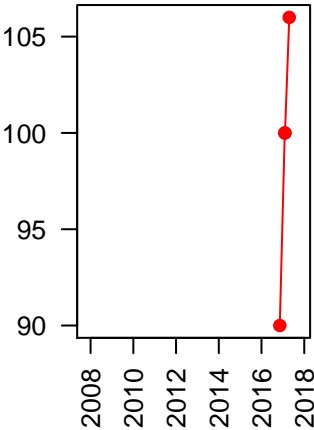
Uebung B1.HN



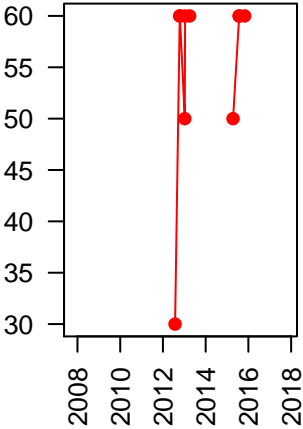
Uebung B1.E



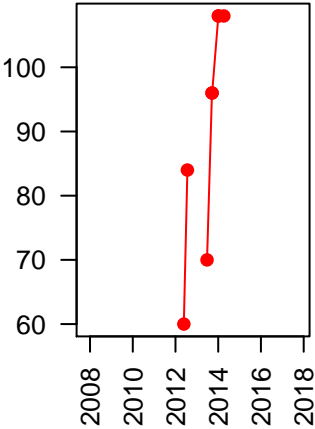
Uebung B5



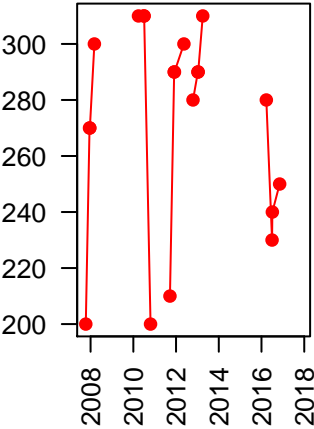
Uebung B5.E



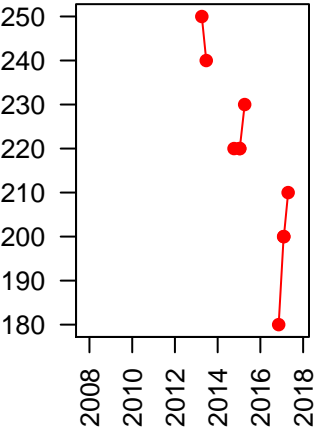
Uebung B5.HN



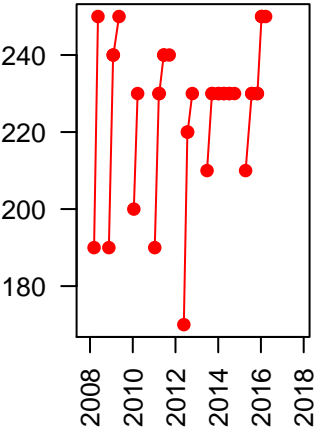
Uebung B6



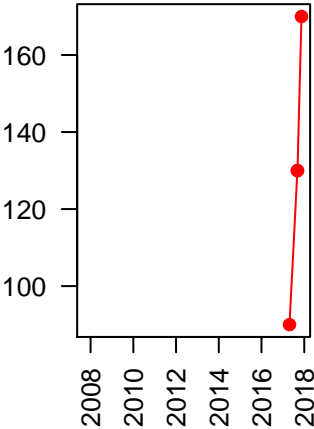
Uebung B6SSM



Uebung B6.1

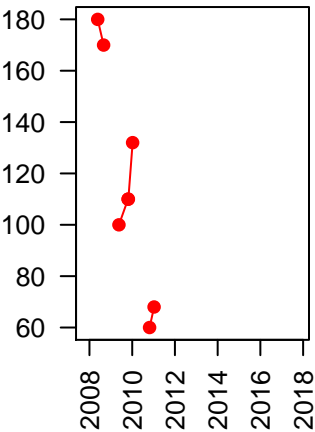


Uebung B6.1STANGI

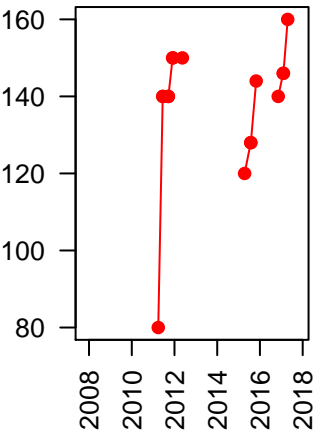


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

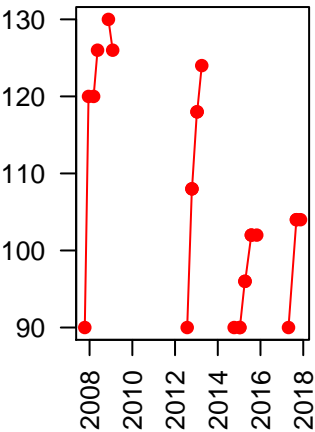
Uebung B7



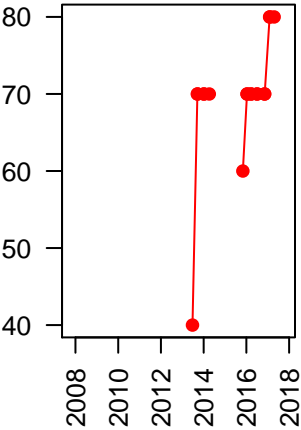
Uebung B9



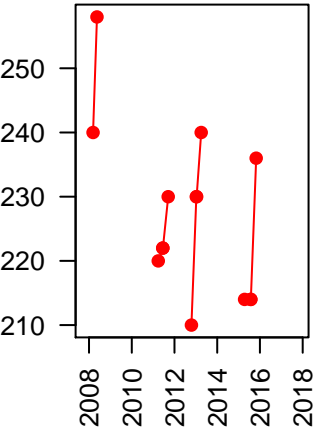
Uebung C1



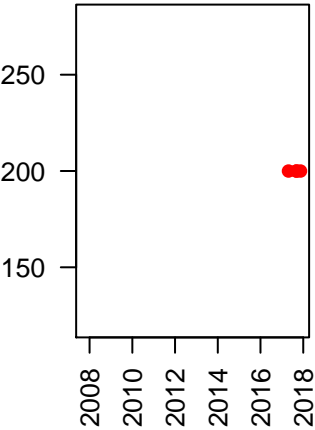
Uebung C1.E



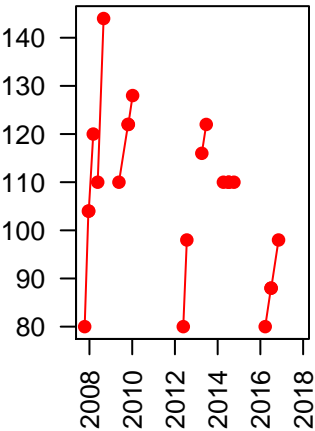
Uebung C3



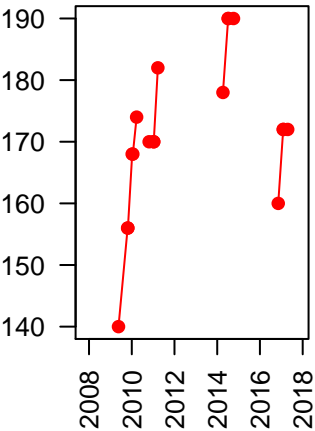
Uebung C3ALT



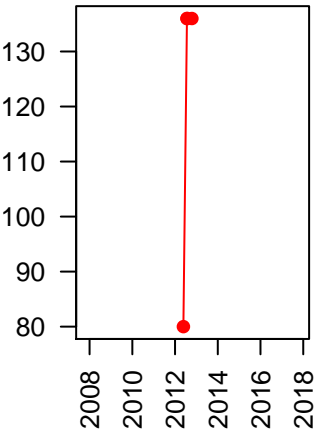
Uebung C5



Uebung C7

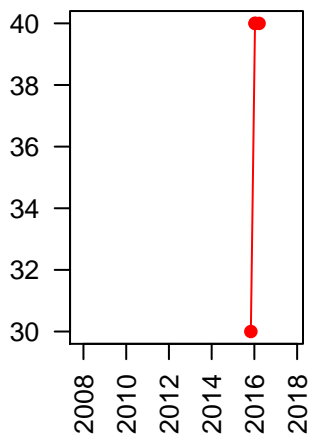


Uebung C7a

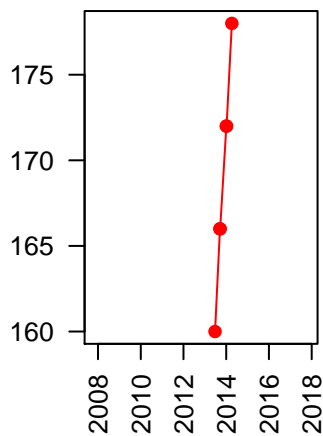


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

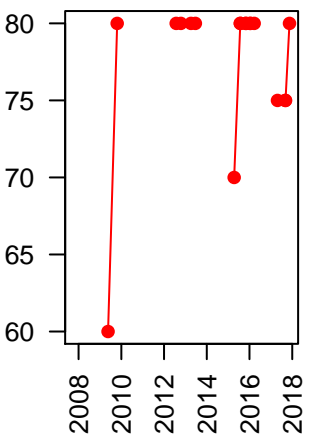
Uebung C7.E



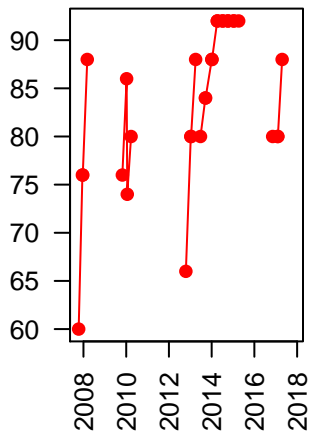
Uebung C7SSM



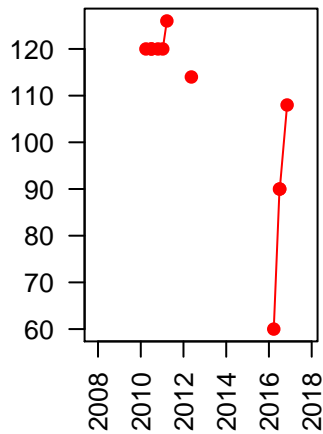
Uebung D2



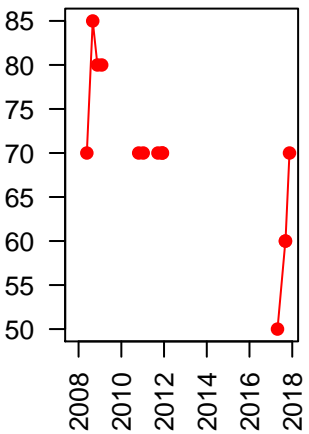
Uebung D5



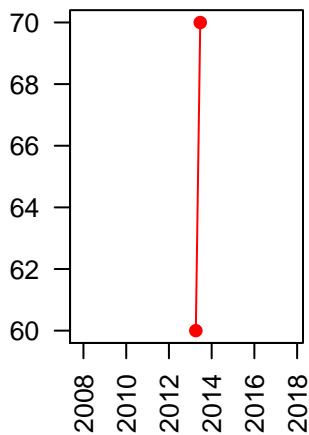
Uebung D6



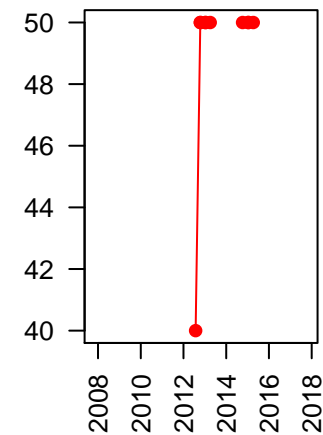
Uebung D6.1



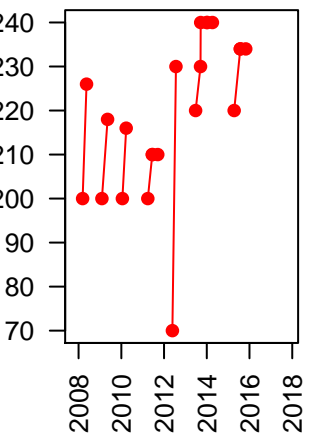
Uebung D6.1SSM



Uebung D6.E

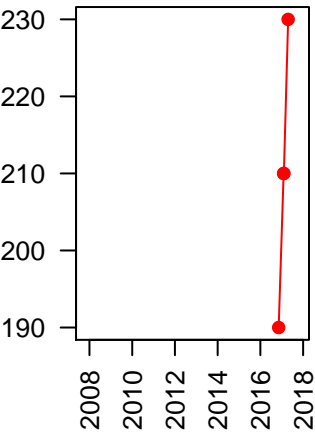


Uebung D7

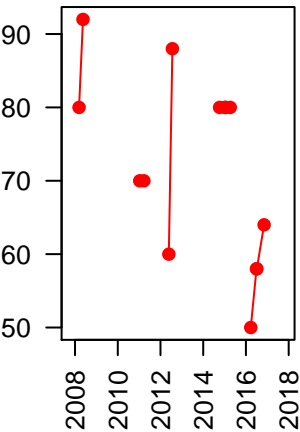


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

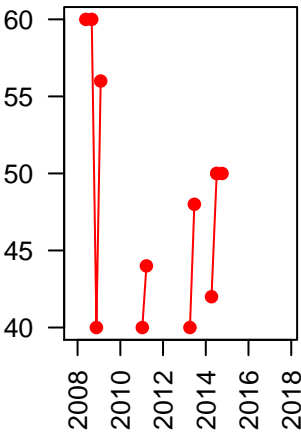
Uebung D7.HIT



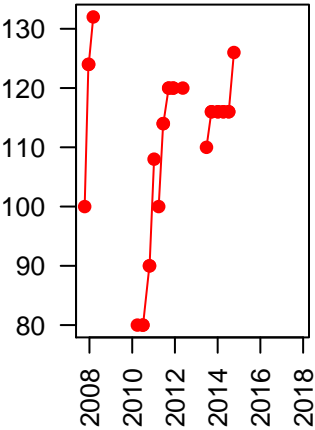
Uebung E1



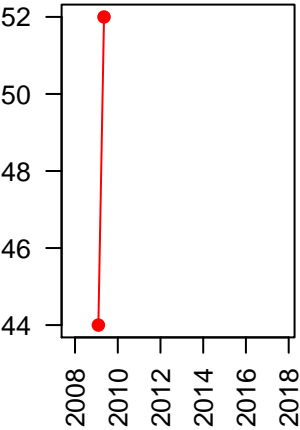
Uebung E2



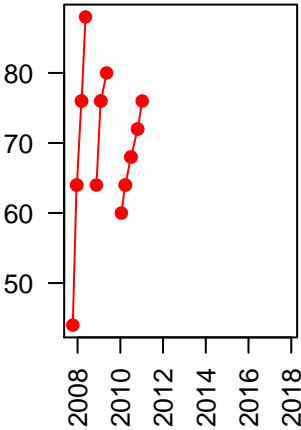
Uebung E3



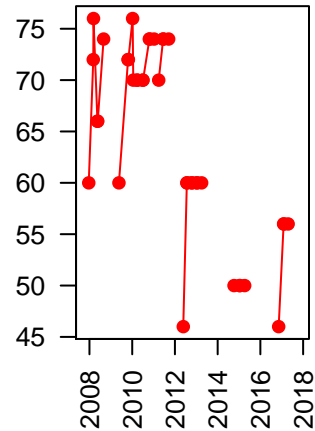
Uebung E5



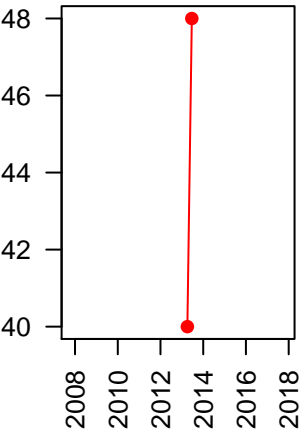
Uebung F1



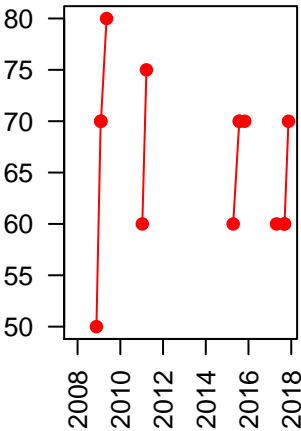
Uebung F2



Uebung F2SSM

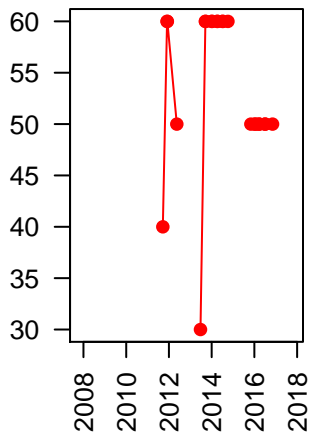


Uebung F2.1

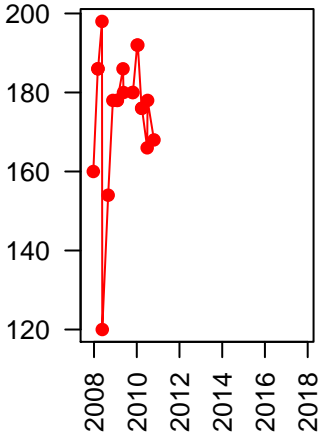


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

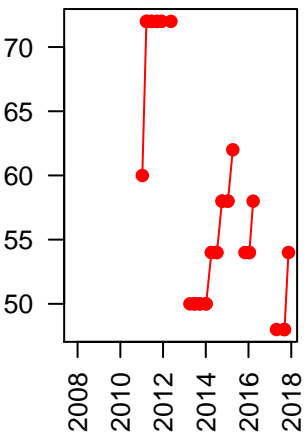
Uebung F2.E



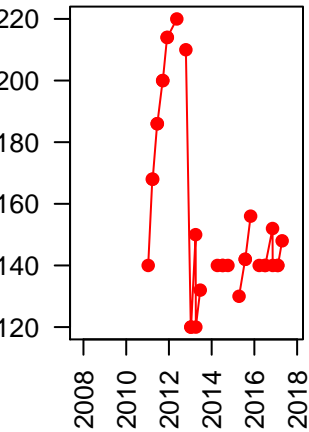
Uebung F3



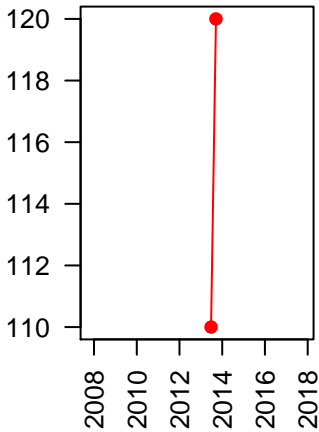
Uebung F4



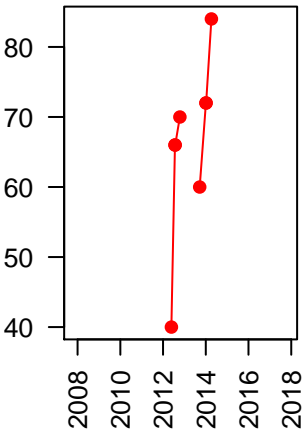
Uebung F6



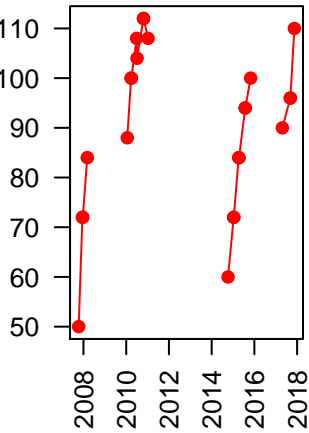
Uebung F6SSM



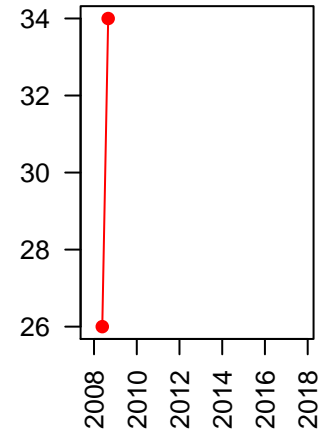
Uebung G1



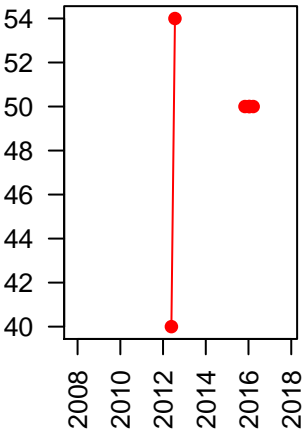
Uebung G5



Uebung H2

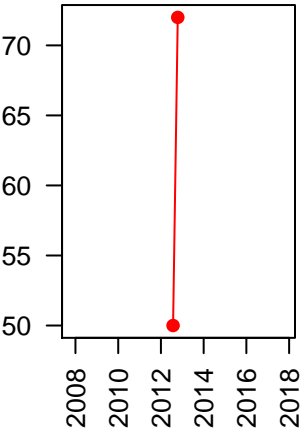


Uebung H1

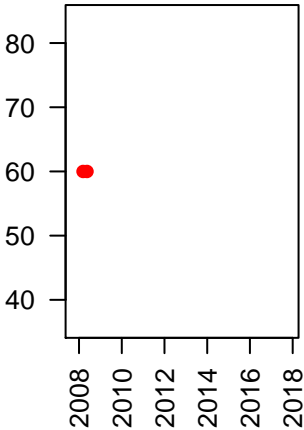


Gewichte Uebungen Kieser/Exersuisse Kaspar Rufibach

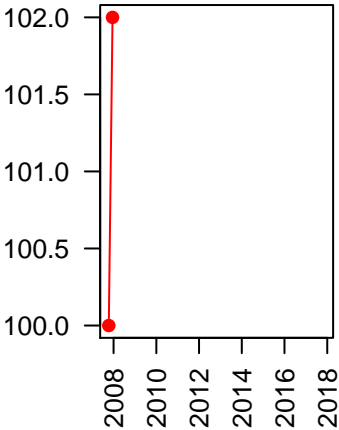
Uebung H7



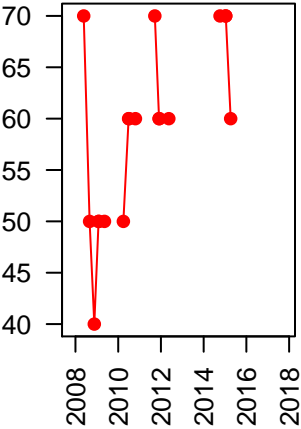
Uebung H11



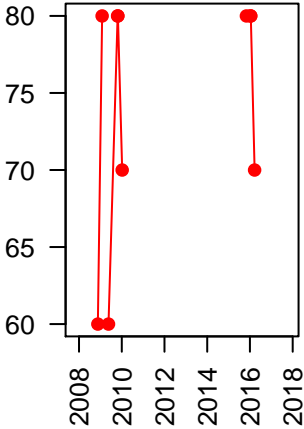
Uebung J1



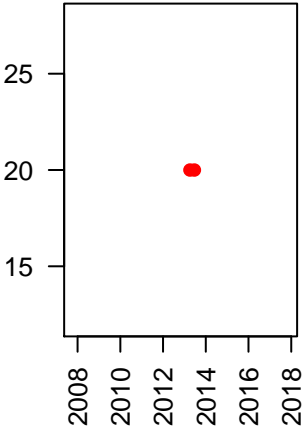
Uebung J2.1



Uebung J4.1



Uebung J5



Uebung J9

