

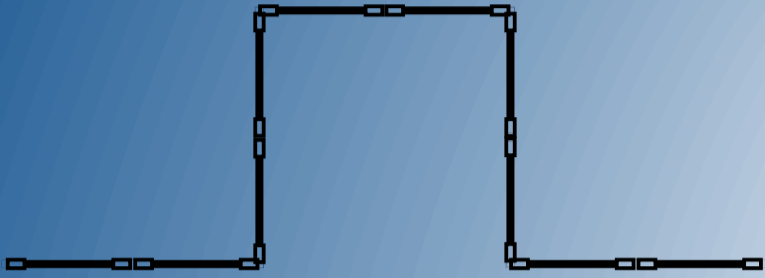


## TabCoFit - „Tabata - Coordination - Fitness“

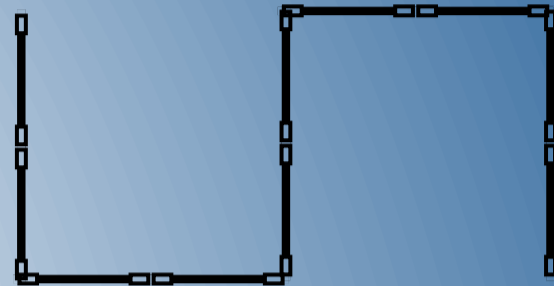
Lege die Form mit einem Zollstock,  
Passende Übungen für Beinkoordination, Beweglichkeit, Herz-  
Kreislauf-Training, Stabilität, Handball-Torhütertraining...  
Als Tabata-Sequenz z.B. mit 8 x 20 Sek. Übungs-Intervallen  
Trainingskarten mit detaillierter Anleitung auf der Webseite

[www.tabcofit.com](http://www.tabcofit.com)

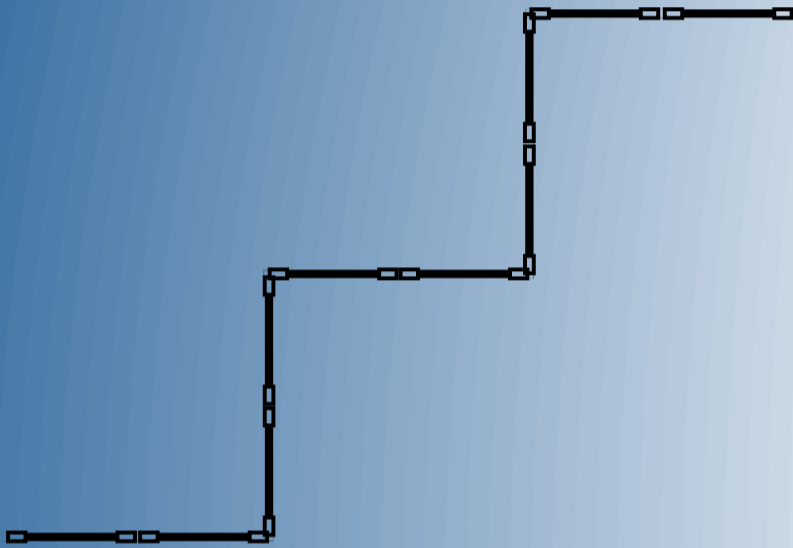
Form #1



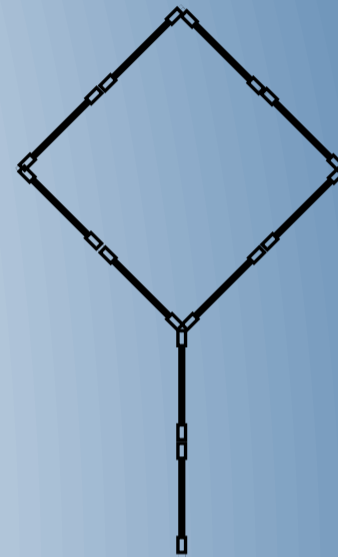
Form #6



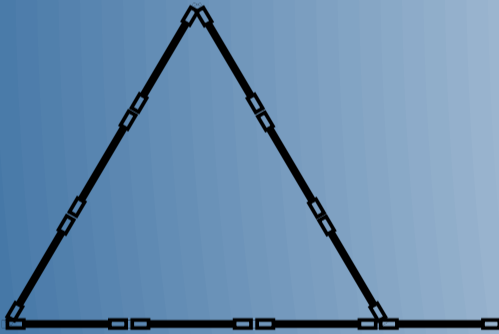
Form #2



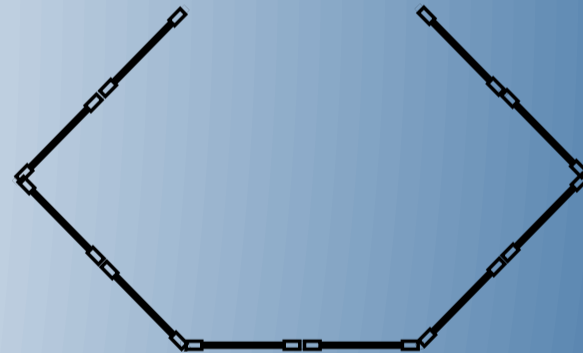
Form #7



Form #3



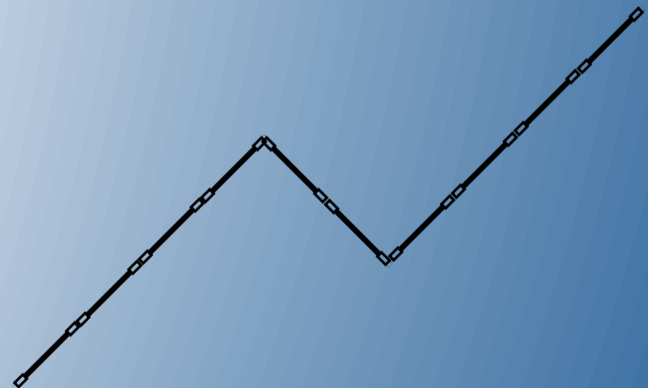
Form #8



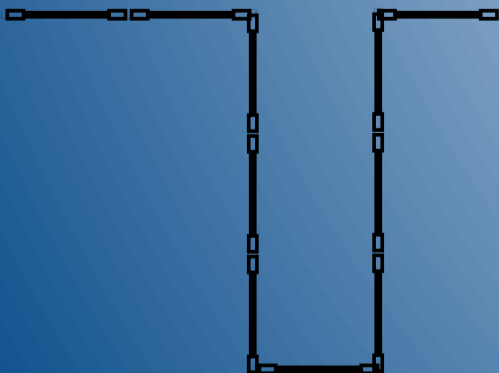
Form #4



Form #9



Form #5



Form #10

