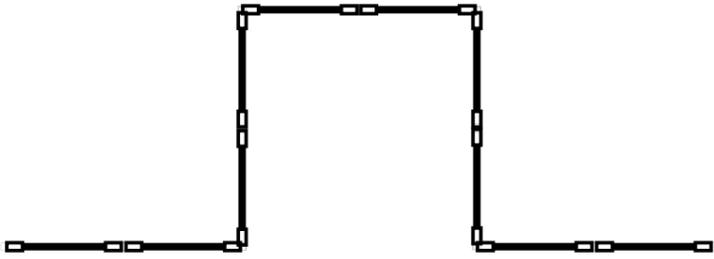


TabCoFit - „Tabata - Coordination - Fitness“

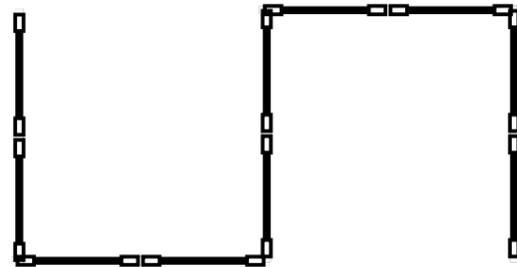
Lege die Form mit einem Zollstock,
Passende Übungen für Beinkoordination, Beweglichkeit, Herz-
Kreislauf-Training, Stabilität, Handball-Torhütertraining...
Als Tabata-Sequenz mit 8 x 20 Sek. Trainings-Intervallen
Trainingskarten mit detaillierter Anleitung unter

www.tabcofit.com

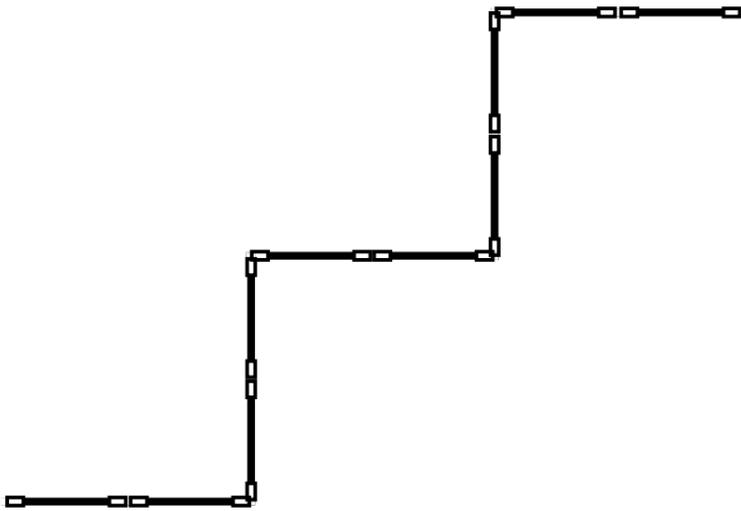
Form #1



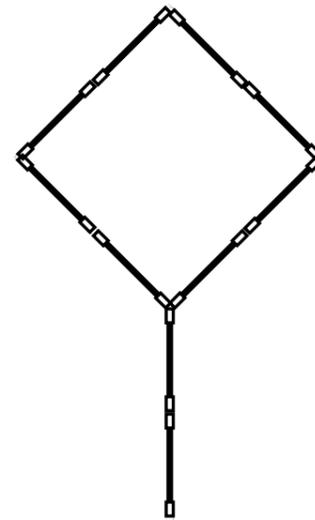
Form #6



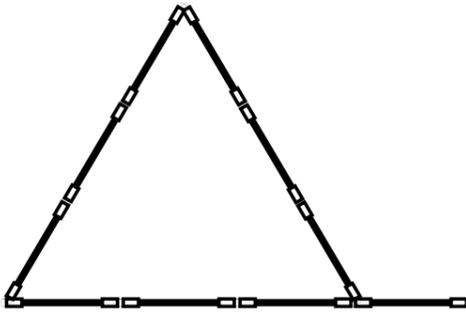
Form #2



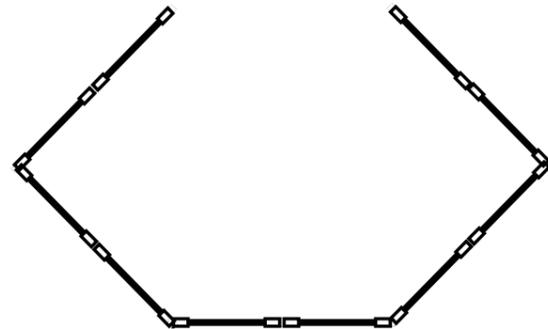
Form #7



Form #3



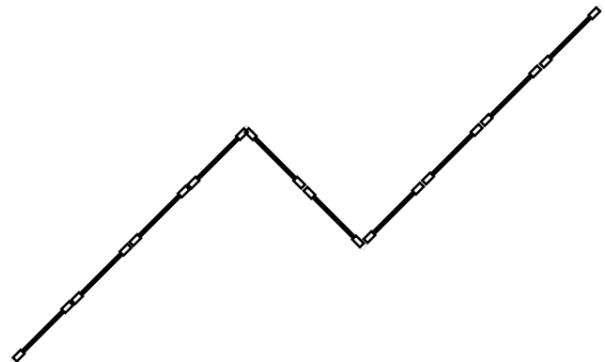
Form #8



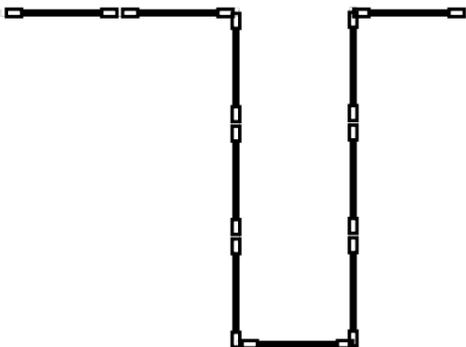
Form #4



Form #9



Form #5



Form #10

