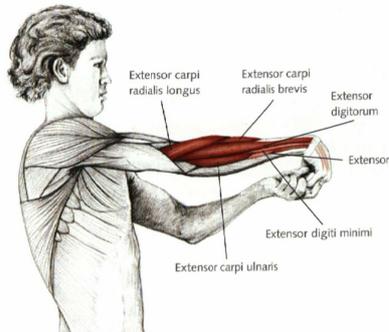
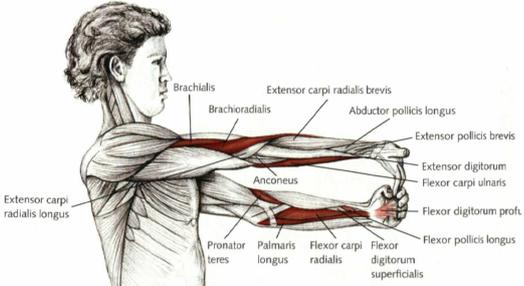
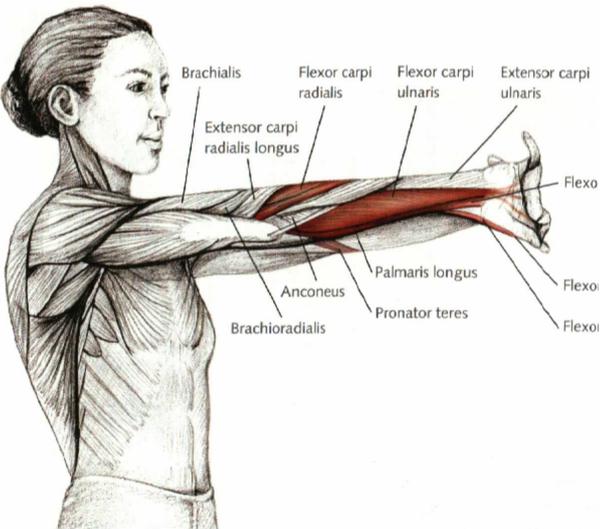
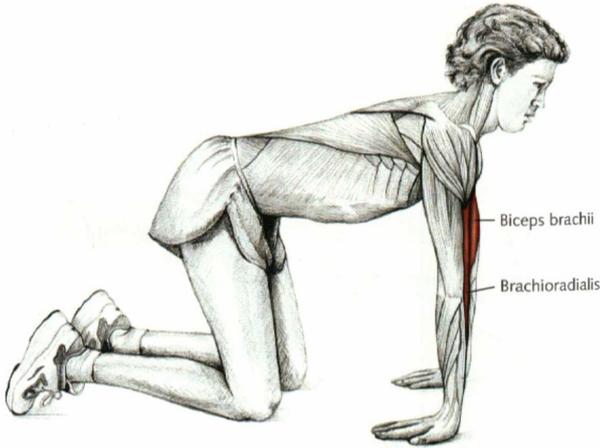
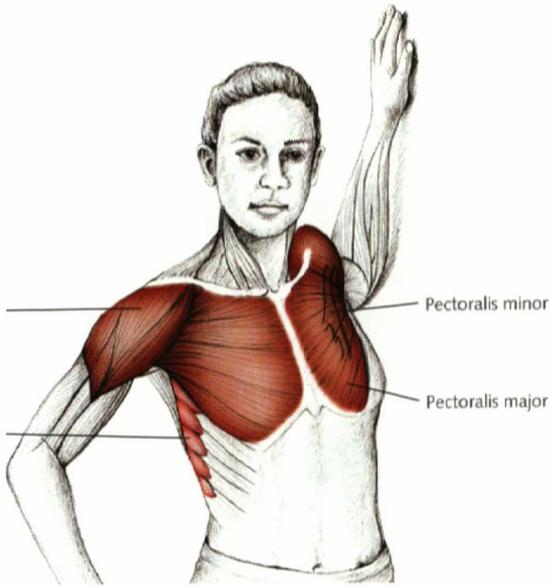
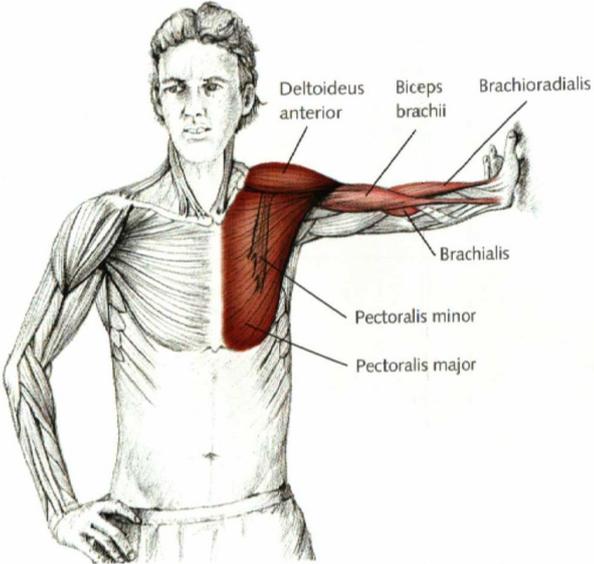
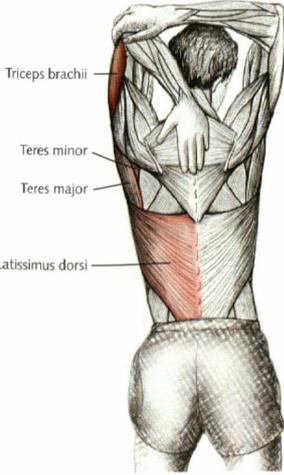
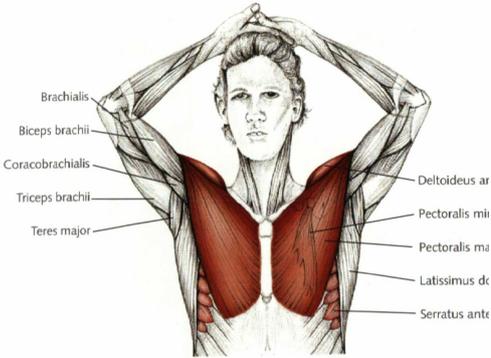
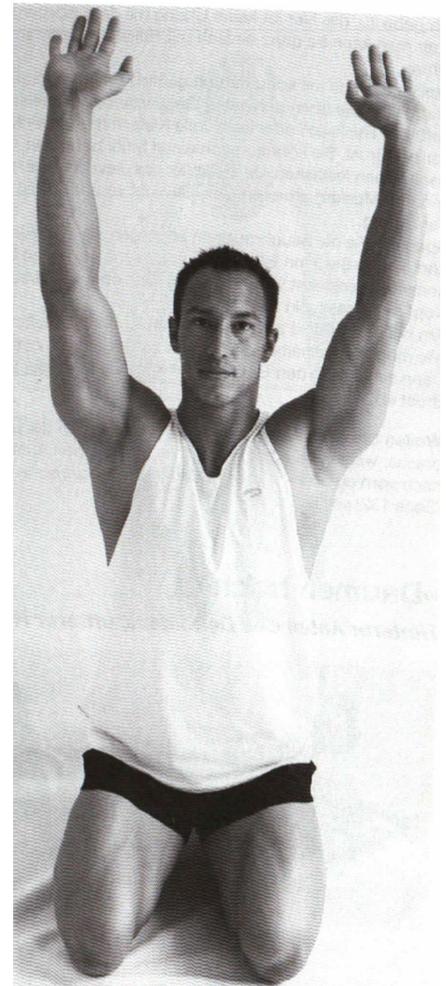
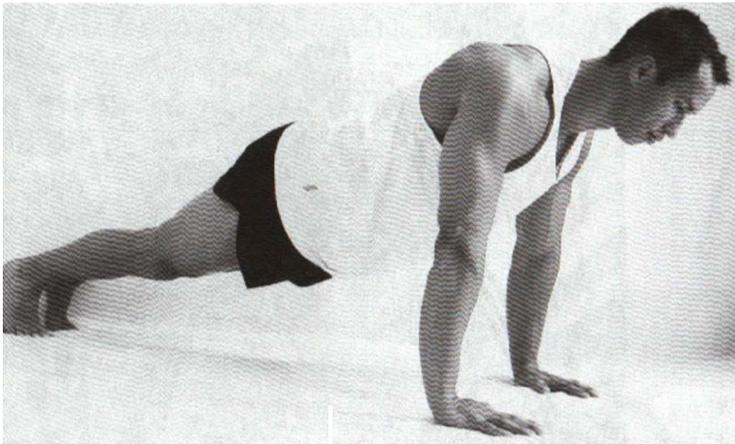
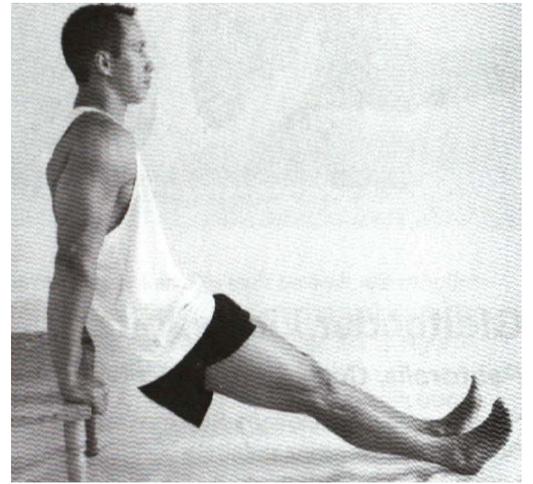
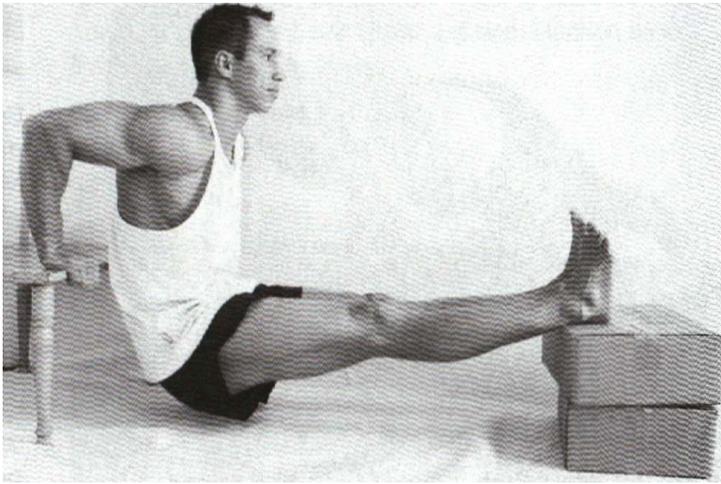


2. Arme und Brust





1 Liegestütze, 4mal die Hände heben, 2 Liegestützen, 8mal die Hände heben, ... , bis *das Dach brennt*, dann rückwärts!

