



TRAINING MIT SLIDERN – ÜBUNGSKATALOG

<p>Mountain Climber</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Mountain Climbers on a wooden floor. She is in a plank position with her hands on the floor and her feet on sliders, alternating legs in a climbing motion.</p>	<p>Mountain Climber seitl.</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Mountain Climbers on a wooden floor, viewed from the side. She is in a plank position with her hands on the floor and her feet on sliders, alternating legs in a climbing motion.</p>	<p>Klappmesser reverse</p>  <p>Two images showing a woman in a black long-sleeved shirt and blue leggings performing Klappmesser reverse on a wooden floor. The top image shows her in a plank position with her feet on sliders. The bottom image shows her in a crouched position with her feet on sliders.</p>	<p>Klappmesser reverse Level II</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Klappmesser reverse Level II on a wooden floor. She is in a crouched position with her feet on sliders.</p>
<p>Liegestütze</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Liegestütze (push-ups) on a wooden floor. She is in a plank position with her hands on sliders.</p>	<p>Trizeps-Liegestütze-Variante</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Trizeps-Liegestütze-Variante on a wooden floor. She is in a plank position with her hands on sliders, leaning forward.</p>	<p>Intensive Bauchübung</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Intensive Bauchübung on a wooden floor. She is lying on her stomach with her feet on sliders and her arms extended forward.</p>	<p>Plank Jacks</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Plank Jacks on a wooden floor. She is in a plank position with her hands on the floor and her feet on sliders, alternating legs.</p>
<p>Bridge</p>  <p>Two images showing a woman in a black long-sleeved shirt and blue leggings performing Bridge on a wooden floor. The top image shows her in a bridge position with her feet on sliders. The bottom image shows her lying on her back with her feet on sliders.</p>	<p>In and Out</p>  <p>Two images showing a woman in a black long-sleeved shirt and blue leggings performing In and Out on a wooden floor. The top image shows her in a squat position with her feet on sliders. The bottom image shows her in a squat position with her feet on sliders.</p>	<p>Cossack Squat</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Cossack Squat on a wooden floor. She is in a squat position with her feet on sliders.</p>	<p>Lunges rückwärts, vorwärts</p>  <p>A woman in a black long-sleeved shirt and blue leggings is performing Lunges rückwärts, vorwärts on a wooden floor. She is in a lunge position with her feet on sliders.</p>