

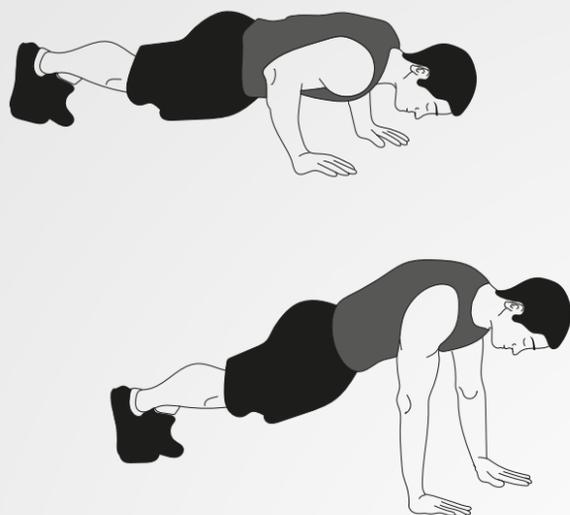
# THOR

## WORKOUT

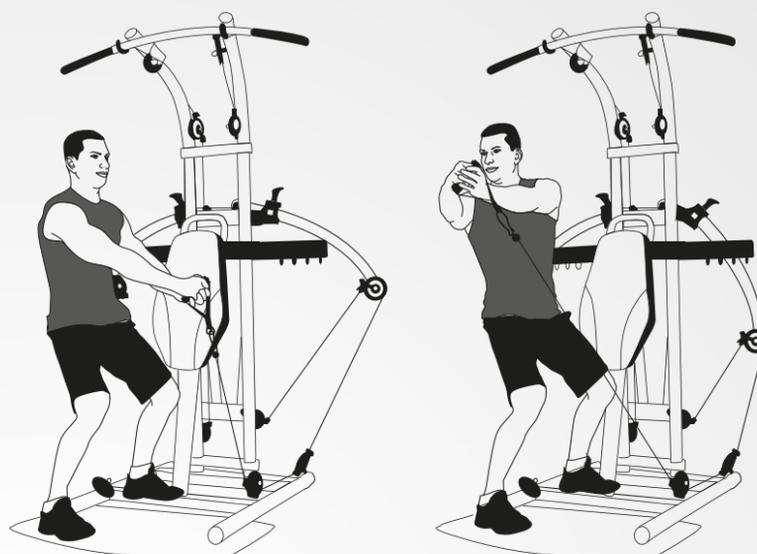
**LEVEL 1** 3 Durchgänge

**LEVEL 2** 5 Durchgänge

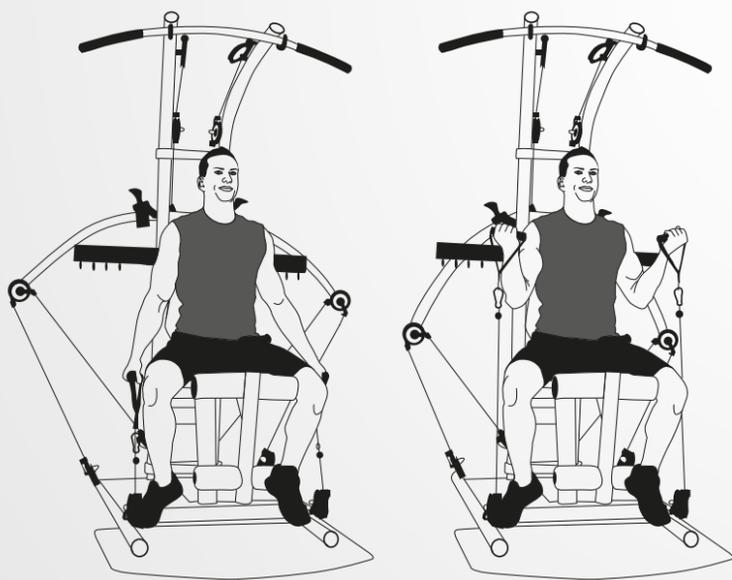
**LEVEL 3** 7 Durchgänge



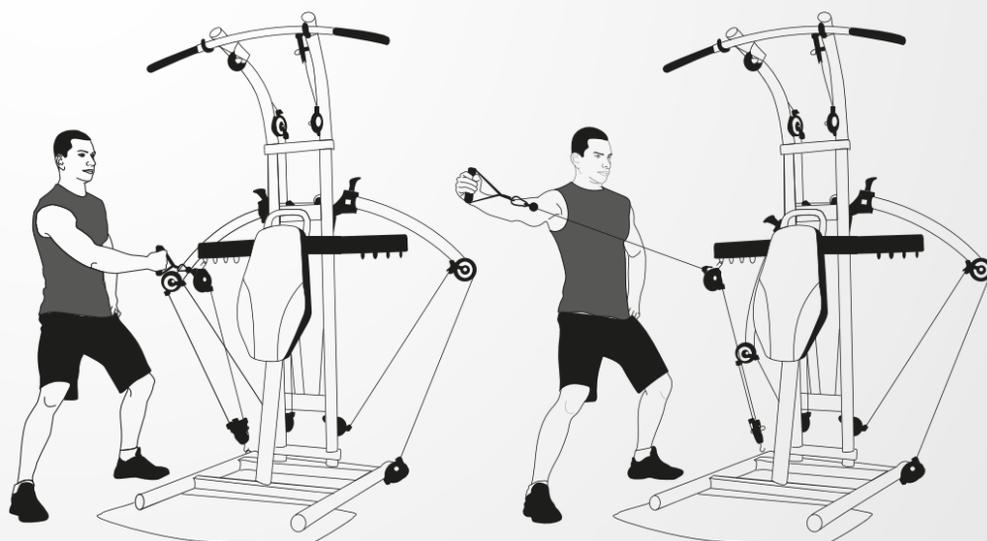
10 x **LIEGESTÜTZE**



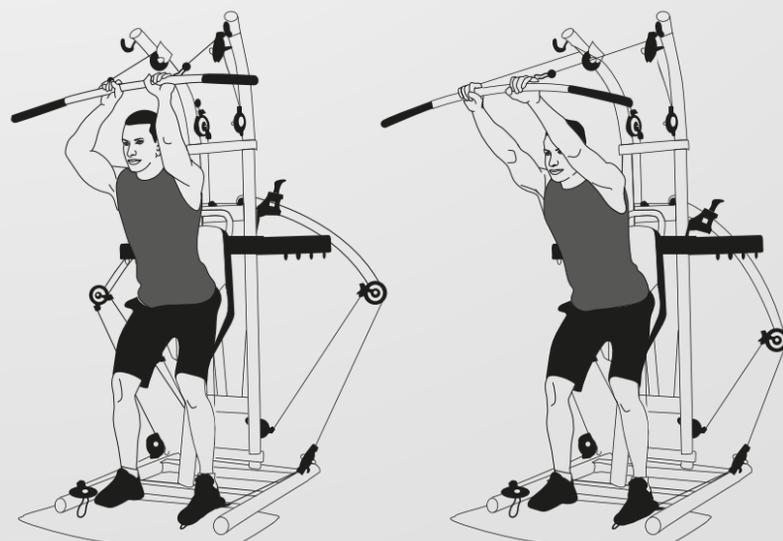
10 x PRO SEITE **RUMPF ROTATION**



10 x **BIZEPS CURLS**



10 x PRO SEITE **REVERSE BUTTERFLY**



10 x **TRIZEPS STRECKEN**