



Dead Hang		8	90	2	2	Optional Description	
Pull-up		8	45	1	1	Optional Description	
Pull-up		8	45	1	1	Optional Description	
Pull-up		8	90	1	1	Optional Description	
Dips / Knickstütz		8	45	0	0	Übungsvariationen beachten	
Dips / Knickstütz		8	45	0	0	Übungsvariationen beachten	
Dips / Knickstütz		8	90	0	0	Übungsvariationen beachten	
L-Hang		10	30	2	2	Optional Description	
L-Hang		10	30	2	2	Optional Description	
L-Hang		10	30	2	2	Optional Description	
L-Hang		10	30	2	2	Optional Description	

Create Row

Fullsize Boardview