



# Trainingsbogen

Team:

Datum:

Teilnehmer:

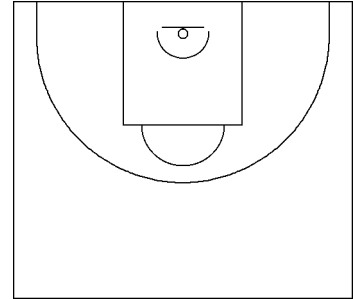
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Warm-Up:

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Thema 1:

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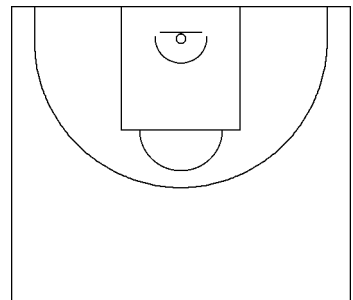
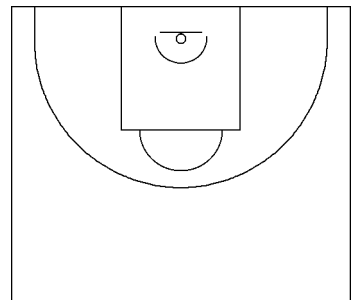
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Thema 2:

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