

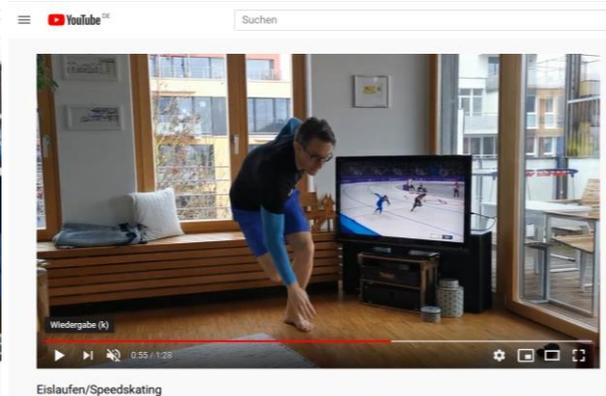
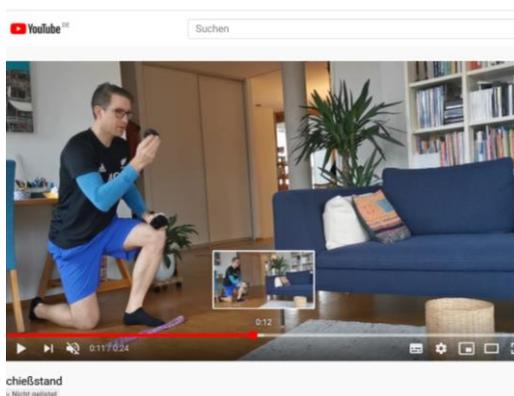
1. Workout at home (Padlet aktuell archiviert)



2. Vielseitigkeitsbiathlon im Wohnzimmer (Padlet aktuell archiviert, Youtube-Videos verfügbar)

<https://www.youtube.com/watch?v=NeDk4Lqxqlg>

<https://www.youtube.com/watch?v=jF3VvcLs400>



https://www.youtube.com/watch?v=2OYS_Z_NPD8

<https://www.youtube.com/watch?v=ssSOFwUGsBY>

