

ATHELETES IN ACTION

Category: Fitness & Yoga



Content: Review one of your favorite training methods or exercises. Inform about these using an example.

Surname:

Name:

Headline: ATHELETES IN ACTION –

Picture: Photo series about the individual steps of your exercise.

Your exercise is for: (beginner / advanced / professional)

Short description:

Which steps does the exercise include ? (short description)

What are your own experiences during this exercise?

What is important to note? (before and during the exercise)

What is the biggest challenge?

Personal statement:

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