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| sit ups mit Hand auf Magen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Engelshüpfer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Grätschsitz "Flunder" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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