



Kreuzheben



Kohlenhydrate



Arnold

100

ERSTE WÖRTER

FÜR

KLEINE PUMPER

ANDI VEENKER • PATRICK GRAY



Bizeps



Yoga



Meal Prep



Kurzhantel



Homeworkout



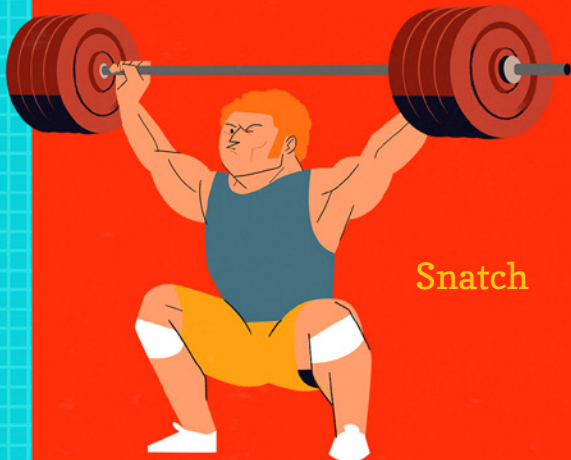
Post-Workout-Selfie



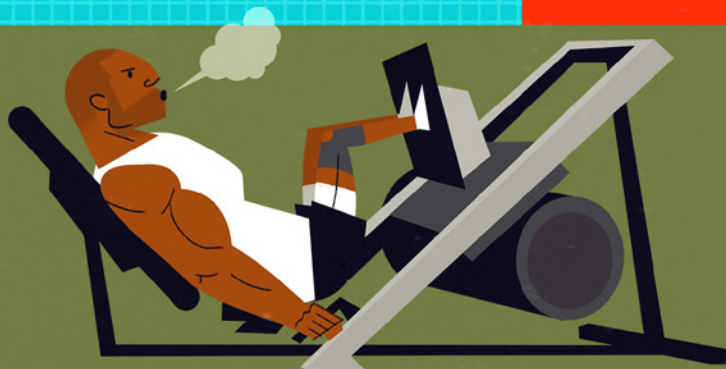
Proteinpulver



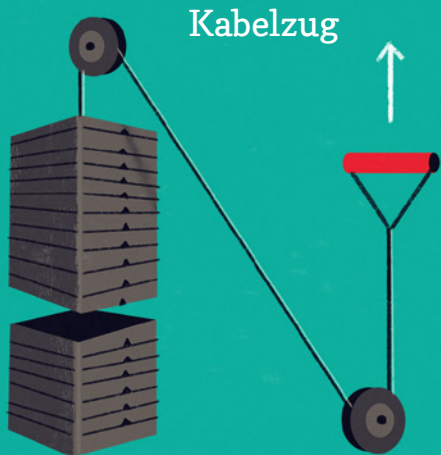
Arnold



Snatch



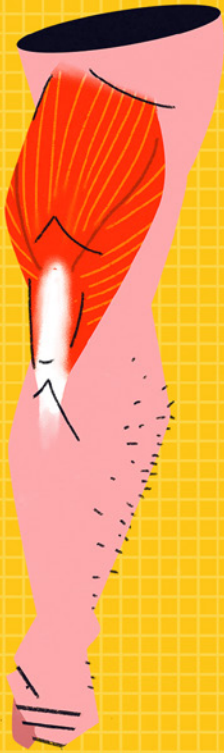
Leg Day



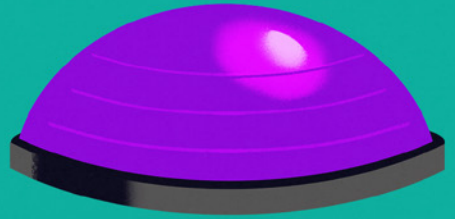
Kabelzug



Waden



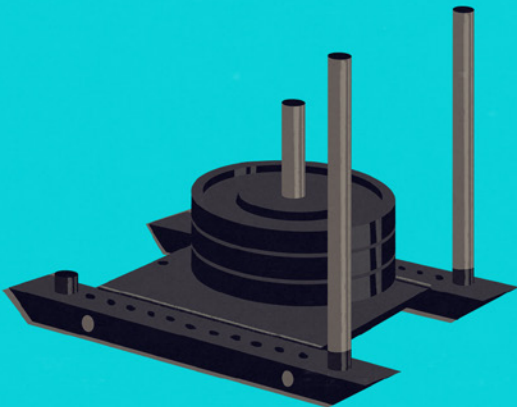
Trizeps



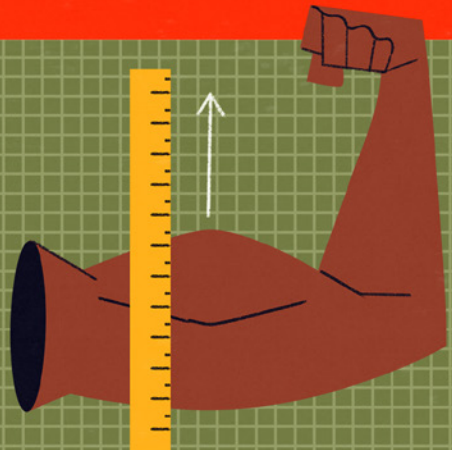
Bosu-Ball



Shaker



Schlitten



Muskelwachstum