



# fit wie ein Bieber

3 + 4 Klasse



**Hampelmänner**

Minimum 25

Tag 1

Tag 2

Tag 3

Tag 4

Tag 5

<input type="checkbox"/>				
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**Strecksprünge**

Minimum 25

<input type="checkbox"/>				
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**liegestützen**

Minimum 10

<input type="checkbox"/>				
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**Kreuzlauf**

Minimum 25

<input type="checkbox"/>				
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**Kniebeugen**

Minimum 25

<input type="checkbox"/>				
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**auf einem Bein hüpfen**

Minimum 25

<input type="checkbox"/>				
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