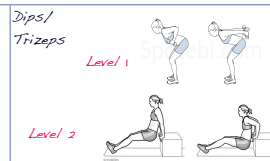
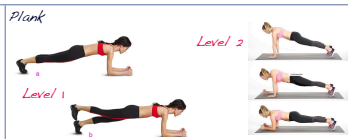


30 Tage Challenge
mit TABATA



TABATA

Tag 1	10	1	1	
Tag 2	12	1	2	
Tag 3	14	2	3	
Tag 4	16	2	4	
Tag 5	18	3	5	TABATA
Tag 6	24	3	6	
Tag 7	28	4	7	
Tag 8	32	4	8	
Tag 9	36	5	9	
Tag 10	42	5	10	TABATA
Tag 11	43	6	12	
Tag 12	44	6	14	
Tag 13	45	7	16	
Tag 14	46	7	18	
Tag 15	48	8	20	TABATA
Tag 16	52	8	22	
Tag 17	56	9	24	
Tag 18	60	9	26	
Tag 19	64	10	28	
Tag 20	68	10	30	TABATA
Tag 21	70	11	34	
Tag 22	71	11	38	
Tag 23	72	12	42	
Tag 24	73	12	46	
Tag 25	74	13	50	TABATA
Tag 26	74	14	54	
Tag 27	80	15	58	
Tag 28	85	16	62	
Tag 29	90	18	64	
Tag 30	100	20	70	TABATA