

CC's Rhythmus Gym 1: Biceps

Workout 2



Claus Carsten Behrendt

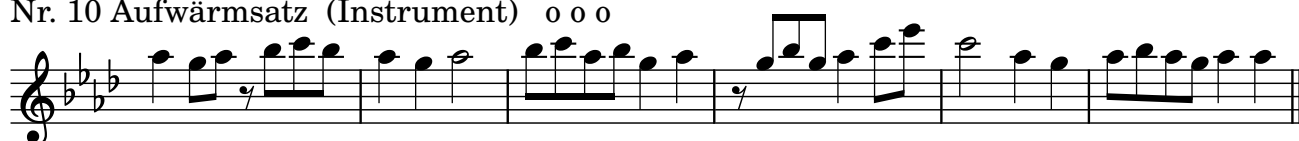
Nr. 8 Warm-up routine (Sprechen) o o o



Nr. 9 Stretching (Sprechen) o o o



Nr. 10 Aufwärmatz (Instrument) o o o



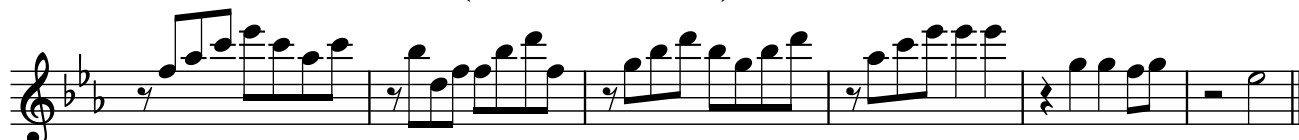
Nr. 11 Arbeitssatz (Instrument) o o o



Nr. 12 Literatur-Arbeitssatz 1 (A Taylor Swift Duo) o o o



Nr. 13 Literatur-Arbeitssatz 2 (Time After Time) o o o



Nr. 14 Fitness Test 2 o o o



Solo

Tutti

Solo

Tutti

Solo

Tutti

[Link zum Workout-Video: https://youtu.be/XcK8e28F2Xo](https://youtu.be/XcK8e28F2Xo)

[Wie funktioniert das Rhythmus Gym? https://youtu.be/ig2kLdSPirQ](https://youtu.be/ig2kLdSPirQ)
