



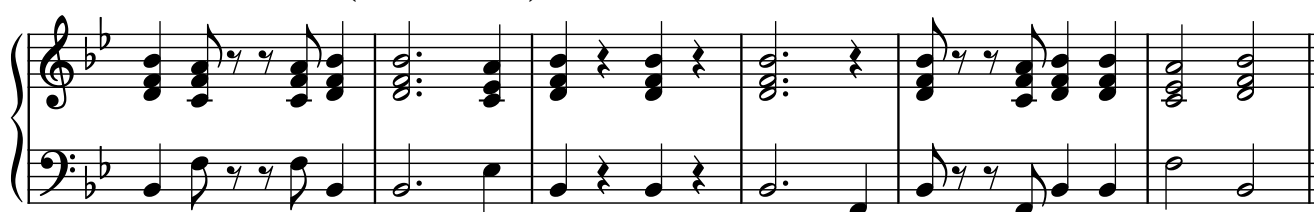
Nr. 15 Warm-up routine (Sprechen) o o o



Nr. 16 Stretching (Sprechen) o o o



Nr. 17 Aufwärmsatz (Instrument) o o o



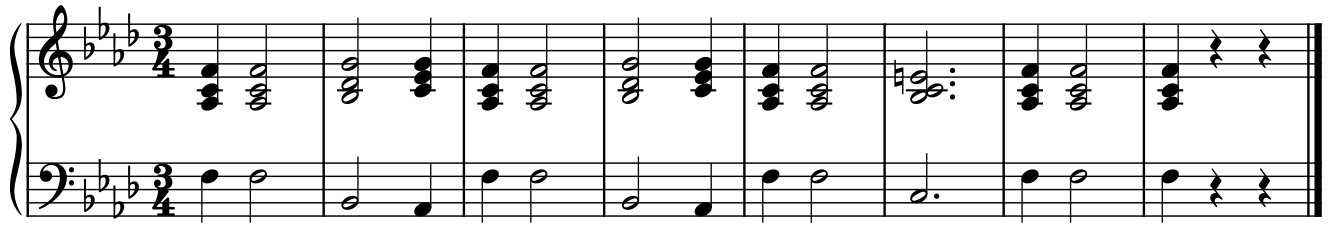
Nr. 18 Arbeitssatz (Instrument) o o o



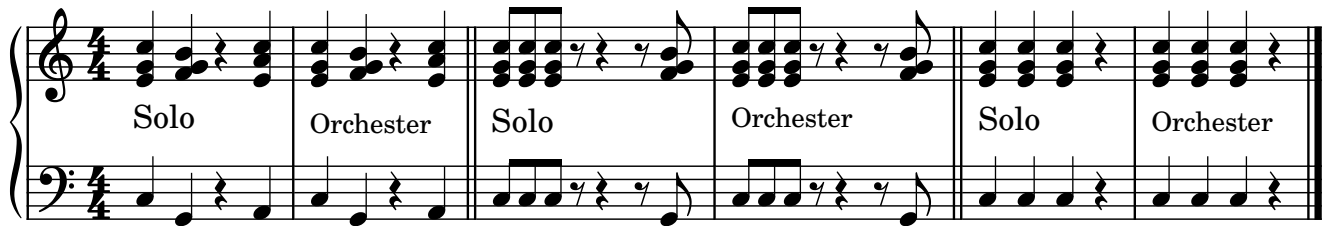
Nr. 19 Literatur-Arbeitssatz 1 (Fantastic Creatures) o o o



Nr. 20 Literatur-Arbeitssatz 2 (Dragon Fight) o o o



Nr. 21 Fitness Test 3 o o o



Link zum Workout Video: <https://youtu.be/BkpyzbFSvKQ>



Wie funktioniert das Rhythmus Gym? <https://youtu.be/ig2kLdSPirQ>

