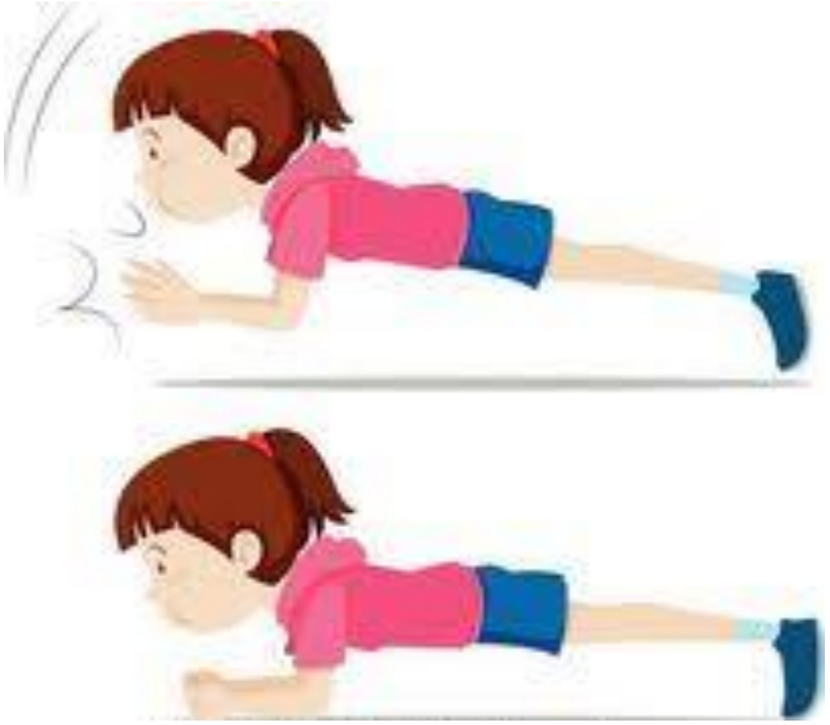
15 Burpees

+ 30 Sekunden Plank