

Kreuzheben



Kohlenhydrate



Arnold

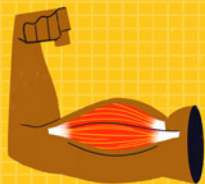
# 100

## ERSTE WÖRTER

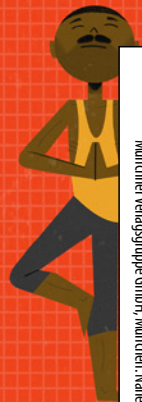
FÜR

# KLEINE PUMPER

ANDI VEENKER • PATRICK GRAY



Bizeps



Yoga



Meal Prep



Kurzhandel



Homeworkout



Post-Workout-Selfie

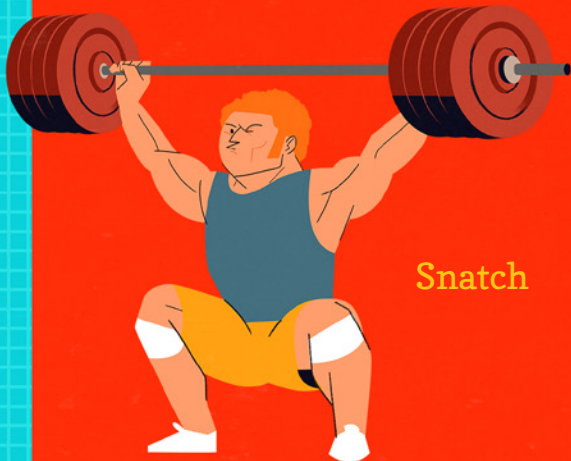


Proteinpulver

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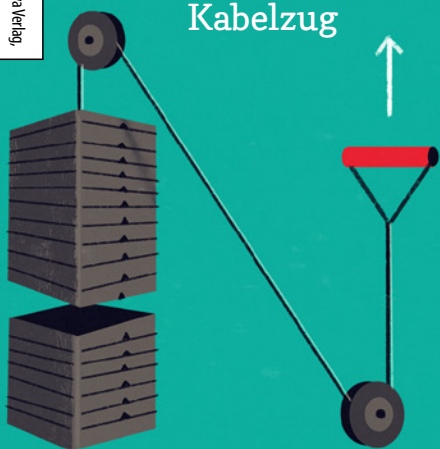
Arnold



Snatch



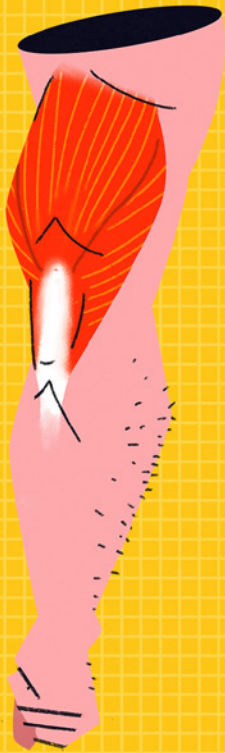
Leg Day



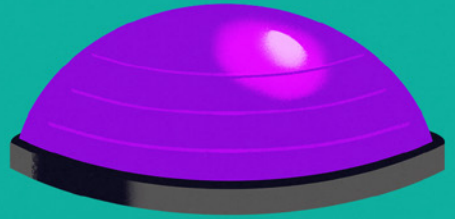
Kabelzug



Waden



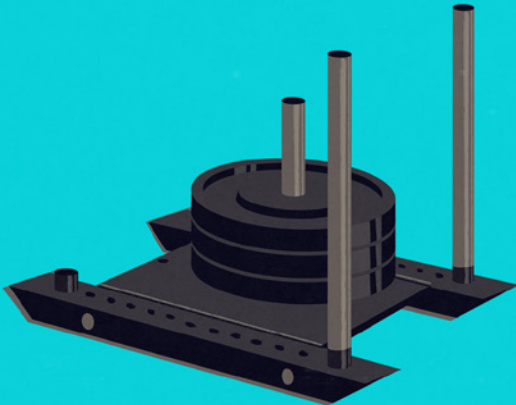
Trizeps



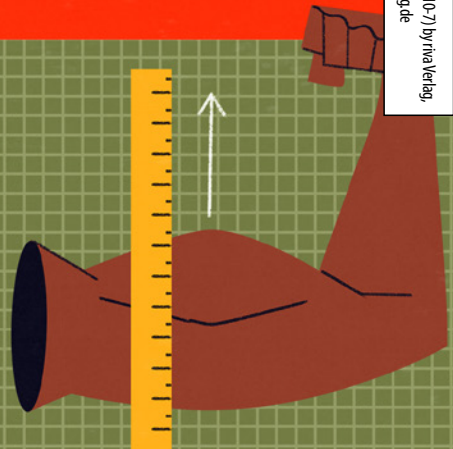
Bosu-Ball



Shaker



Schlitten



Muskelwachstum