

## *trial programm - crosstrainer*

Minuten	Level 1 Stufe	Level 2 Stufe	Level 3 Stufe
0-5	3	4	5
5-9	4	6	7
9-11	6	8	9
11-14	4	6	7
14-16	8	10	11
16-24	4	6	7
24-26	6	8	9
26-29	4	6	7
29-31	8	10	11
31-35	4	6	7