

## Training VIDEO

Beigesteuert von Administrator  
Monday, 21. March 2011  
Letzte Aktualisierung Monday, 21. March 2011

Training 2011 - Boxsack & Thai Boxen  
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Training 2011 - BoxsackÂ

Training 2011 - Safet beim Beinpressen 1900 KG.Â

Training 2011 - Jiu Jitsu ( Safet vs. Yuci Luci )Â

Training 2011 - Free Fight ( Safet vs. Yuci Luci ) Â

Training 2000 Â