**Trainingstagebuch**

In dieses Trainingstagebuch kannst Du deine Wiederholungen oder Zeiten eintragen.

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| Trainingsziel |  |  |  |  |  |  |
| Datum | Übung 1 | Übung 2 | Übung 3 | Übung 4 | Übung 5 | Übung 6 |
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