



KLIMMZUG- CHALLENGE



**ZIEL DIESER CHALLENGE: 20 KLIMMZÜGE AM STÜCK
PAUSEZEIT ZWISCHEN DEN ÜBUNGEN: 60 SEKUNDEN**

	ANZAHL KLIMMZÜGE	ERLEDIGT [X]
TAG 1	2, 2, 1	[]
TAG 2	3, 2, 2	[]
TAG 3	PAUSE	[]
TAG 4	4, 3, 2	[]
TAG 5	5, 3, 2	[]
TAG 6	5, 4, 3	[]
TAG 7	6, 3, 3	[]
TAG 8	PAUSE	[]
TAG 9	6, 4, 4	[]
TAG 10	6, 5, 4	[]
TAG 11	7, 4, 3	[]
TAG 12	7, 5, 4	[]
TAG 13	8, 5, 3	[]
TAG 14	8, 5, 4	[]
TAG 15	9, 4, 4	[]
TAG 16	PAUSE	[]
TAG 17	9, 6, 4	[]
TAG 18	10, 5, 3	[]
TAG 19	10, 6, 4	[]
TAG 20	11, 4, 3	[]
TAG 21	11, 5, 4	[]
TAG 22	12, 4, 2	[]
TAG 23	12, 5, 3	[]
TAG 24	13, 3, 2	[]
TAG 25	14, 4, 2	[]
TAG 26	PAUSE	[]
TAG 27	16, 3, 2	[]
TAG 28	17, 2, 2	[]
TAG 29	18, 3, 2	[]
TAG 30	20	[]