



KLIMMZUG- CHALLENGE



**ZIEL DIESER CHALLENGE: 40 KLIMMZÜGE AM STÜCK
PAUSEZEIT ZWISCHEN DEN ÜBUNGEN: 60 SEKUNDEN**

	ANZAHL KLIMMZÜGE	ERLEDIGT [X]
TAG 1	4, 3, 2	[]
TAG 2	6, 4, 3	[]
TAG 3	PAUSE	[]
TAG 4	8, 5, 4	[]
TAG 5	10, 6, 4	[]
TAG 6	10, 8, 6	[]
TAG 7	12, 6, 6	[]
TAG 8	PAUSE	[]
TAG 9	12, 8, 7	[]
TAG 10	12, 10, 8	[]
TAG 11	14, 8, 6	[]
TAG 12	14, 10, 8	[]
TAG 13	16, 10, 6	[]
TAG 14	16, 10, 8	[]
TAG 15	18, 8, 8	[]
TAG 16	PAUSE	[]
TAG 17	18, 12, 8	[]
TAG 18	20, 10, 6	[]
TAG 19	20, 12, 8	[]
TAG 20	22, 8, 6	[]
TAG 21	22, 10, 8	[]
TAG 22	24, 8, 4	[]
TAG 23	24, 10, 6	[]
TAG 24	26, 6, 4	[]
TAG 25	28, 8, 4	[]
TAG 26	PAUSE	[]
TAG 27	32, 6, 4	[]
TAG 28	34, 4, 4	[]
TAG 29	36, 6, 4	[]
TAG 30	40	[]