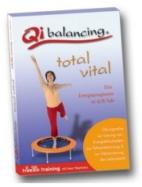


Shark Fitness AG Stores in Wettingen (ZH) and Wil (SG) 056 427 02 25 info@sharkfitness.ch www.sharkfitness.ch

Qi balancing DVD



The DVD with exercises for the Trimilin trampoline.

CHF 44.00

The joint-friendly energy training on the Trimilin with Inez Heymans.

Series of exercises to release energy blockages, burn fat and to intensify vitality. A crossover of Yoga, Tai - Chi, Qi-Gong, Stepper and Trampoline = **moving Yoga**.

DVD 65 minutes, German