

# 7 Tage

## für einen gesunden Rücken

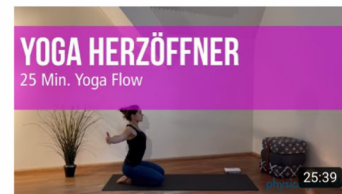
Montag



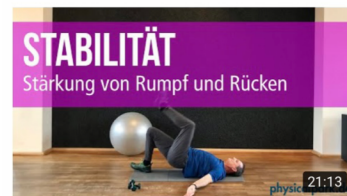
Dienstag



Mittwoch



Donnerstag



Freitag



Samstag



Sonntag

