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| **Words to know** when viewing: [GUTE LAUNE WORKOUT - Fitness für Kinder (ohne Equipment) - Fit für Abenteuer!](https://www.youtube.com/watch?v=DK4kPqfdF2c)Try a fun workout to put you in a good mood and ready for adventure. Abenteuer = adventuregute Laune = good moodTrikot = football shirtFußballweltmeister = football world championRegenbogen = rainbowauf der Stelle = on the spotHampelmann = jumping jacksWindmühle = windmilleinatmen/ausatmen = to breathe in/outDaumen = thumb |