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Graphical user interface, text, application

Description automatically generated

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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 = adventure  gute Laune = good mood  Trikot = football shirt  Fußballweltmeister = football world champion  Regenbogen = rainbow  auf der Stelle = on the spot  Hampelmann = jumping jacks  Windmühle = windmill  einatmen/ausatmen = to breathe in/out  Daumen = thumb |