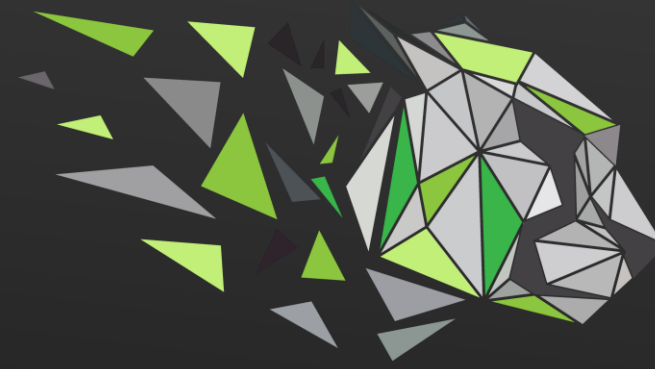


# PRO REGENERATION

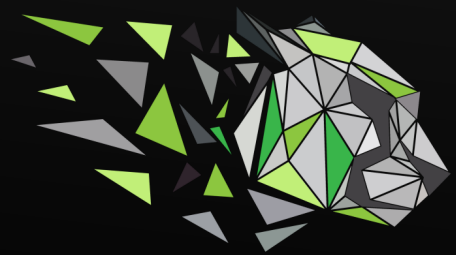
FUßBALL



ESP-ATHLETES

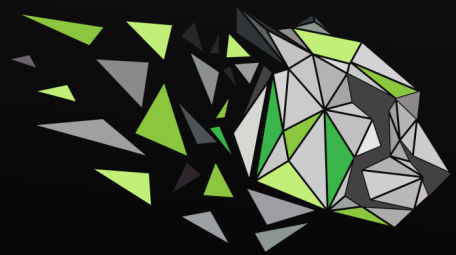
# ABENDROUTINE

- ▶ **Einschlafzeit**
- ▶ 2 Do Liste
- ▶ Kontraproduktives vermeiden



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- ▶ Einschlafzeit
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# ABENDROUTINE

- ▶ Einschlafzeit
- ▶ 2 Do Liste
- ▶ **Kontraproduktives vermeiden**

