

## Die beliebtesten Fitnessinfluencer & ihre Home Workouts

Name	Instagram-Kanal	Follower-Anzahl	YouTube-Kanal	Top Workout auf YouTube	Anzahl der Aufrufe Top Workout	Training mit/ohne Geräte	Erhebung am
Pamela Reif	<a href="https://www.instagram.com/pamela_rf/">https://www.instagram.com/pamela_rf/</a>	4.619.198	<a href="https://www.youtube.com/channel/UCbVRFsT_ASBZk10o0_An7Ucg">https://www.youtube.com/channel/UCbVRFsT_ASBZk10o0_An7Ucg</a>	10 MIN SIXPACK WORKOUT	24.411.270	Training ohne Geräte	03.03.2020
Magic Fox	<a href="https://www.instagram.com/magic_fox/">https://www.instagram.com/magic_fox/</a>	2.074.169	<a href="https://www.youtube.com/channel/UCbVBYicudxJnDHAiEvWtv3w">https://www.youtube.com/channel/UCbVBYicudxJnDHAiEvWtv3w</a>	Arm & Abs Workout   Magic Fox & Simon Teichmann	76.036	Training mit Geräten	03.03.2020
Johannes Bartl	<a href="https://www.instagram.com/johannesbartl/">https://www.instagram.com/johannesbartl/</a>	1.945.557	<a href="https://www.youtube.com/channel/UCo57jjOFHx1DbQaA-cGay_w">https://www.youtube.com/channel/UCo57jjOFHx1DbQaA-cGay_w</a>	Unleash the BEAST with James McAvoy   Johannes Bartl	41.524	Training mit Geräten	03.03.2020
Mirjam Cherie Fitness	<a href="https://www.instagram.com/mirjamcheriefitness/">https://www.instagram.com/mirjamcheriefitness/</a>	1.524.114	<a href="https://www.youtube.com/channel/UCFM4R1ECzHilDuuIB_CdyntQ/videos">https://www.youtube.com/channel/UCFM4R1ECzHilDuuIB_CdyntQ/videos</a>	Workout auf der Vibrationsplatte zu Hause-Bauch Beine Po für Beginner	371.217	Training mit Geräten	03.03.2020
Sophia Thiel	<a href="https://www.instagram.com/pumping.sophia.thiel/">https://www.instagram.com/pumping.sophia.thiel/</a>	1.244.917	<a href="https://www.youtube.com/channel/UCy5Kf4cPV_sCi_Qsjk03uCG">https://www.youtube.com/channel/UCy5Kf4cPV_sCi_Qsjk03uCG</a>	Bauch - Homeworkout zum Mitmachen! ♥ Training mit Sophia Thiel	6.024.523	Training ohne Geräte	03.03.2020
Stephanie Davis	<a href="https://www.instagram.com/stephaniedavis/">https://www.instagram.com/stephaniedavis/</a>	1.177.707	kein eigener Kanal (kostenpflichtige Videos auf eigener Seite)	-	-	-	03.03.2020
Lisa del Piero	<a href="https://www.instagram.com/lisadelpiero/">https://www.instagram.com/lisadelpiero/</a>	811.163	<a href="https://www.youtube.com/channel/UCkUlrPwNriiUTJnTTX_MHAY_A">https://www.youtube.com/channel/UCkUlrPwNriiUTJnTTX_MHAY_A</a>	BIG BOOTY- HOMEWORKOUT	1.074.891	Training ohne Geräte	03.03.2020
Flying Uwe	<a href="https://www.instagram.com/flyinguwe/">https://www.instagram.com/flyinguwe/</a>	760.479	<a href="https://www.youtube.com/user/flyinguwe">https://www.youtube.com/user/flyinguwe</a>	Top 3 Muskel-Übungen für zu Hause!	109.601	Training ohne Geräte	24.03.2020
Chris Curtis	<a href="https://www.instagram.com/chris_curtis_/">https://www.instagram.com/chris_curtis_/</a>	497.378	<a href="https://www.youtube.com/channel/UCM3E2pcoOIoajPFqQqY8MSA">https://www.youtube.com/channel/UCM3E2pcoOIoajPFqQqY8MSA</a>	Butterfly Reverse - Maschinentraining	38.325	Training mit Geräten	03.03.2020
Evelina	<a href="https://www.instagram.com/byevelina_/">https://www.instagram.com/byevelina_/</a>	495.116	<a href="https://www.youtube.com/channel/UCfrbuzcT9MRd38JYQjKogw/videos">https://www.youtube.com/channel/UCfrbuzcT9MRd38JYQjKogw/videos</a>	BASIC ABS WORKOUT   Bauchmuskel training für Anfänger	76.116	Training ohne Geräte	03.03.2020
Tim Gabel	<a href="https://www.instagram.com/tim_gabel/">https://www.instagram.com/tim_gabel/</a>	487.320	<a href="https://www.youtube.com/channel/UCa2ikhDgZNB01WGmvI8784A">https://www.youtube.com/channel/UCa2ikhDgZNB01WGmvI8784A</a>	Schnell einen großen Bizeps bekommen	1.340.111	Training mit Geräten	03.03.2020
Antonia Elena	<a href="https://www.instagram.com/antoniaelena.official/">https://www.instagram.com/antoniaelena.official/</a>	422.043	<a href="https://www.youtube.com/user/PumpingErcan/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/PumpingErcan/videos?view=0&amp;sort=p&amp;flow=grid</a>	5 FEHLER, die euren MUSKELAUFBAU hemmen!	388.057	Training mit Geräten	04.03.2020
Jasmin	<a href="https://www.instagram.com/someonesday/">https://www.instagram.com/someonesday/</a>	357.870	<a href="https://www.youtube.com/channel/UCe6O-e7Aht3ag_XNBtCgw/videos">https://www.youtube.com/channel/UCe6O-e7Aht3ag_XNBtCgw/videos</a>	Cellulitebekämpfung mit Faszientraining	15.902	Training mit Geräten	04.03.2020
Tresor Toko	<a href="https://www.instagram.com/tresortoko/">https://www.instagram.com/tresortoko/</a>	353.613	<a href="https://www.youtube.com/channel/UCN31979QcJB6wY-FaxACQRw">https://www.youtube.com/channel/UCN31979QcJB6wY-FaxACQRw</a>	KILLER ARMS	238	Training mit Geräten	04.03.2020
Simon Mathis   Abnehmcoach	<a href="https://www.instagram.com/simon.mathis_/">https://www.instagram.com/simon.mathis_/</a>	348.912	<a href="https://www.youtube.com/channel/UCU4If5-M-cAL574vZ3ml3Rg/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCU4If5-M-cAL574vZ3ml3Rg/videos?view=0&amp;sort=p&amp;flow=grid</a>	Sixpacktraining zu Hause - 10min Hometraining	2.370.312	Training ohne Geräte	04.03.2020
Andrina Santoro	<a href="https://www.instagram.com/andrinafit/">https://www.instagram.com/andrinafit/</a>	347.042	<a href="https://www.youtube.com/channel/UCts11XNRSWKmxviY2ujyG4A">https://www.youtube.com/channel/UCts11XNRSWKmxviY2ujyG4A</a>	TABATA - FULL BODY PARTNER WORKOUT	39.034	Training ohne Geräte	04.03.2020
Mischa Janiec	<a href="https://www.instagram.com/mischajaniec/">https://www.instagram.com/mischajaniec/</a>	340.439	<a href="https://www.youtube.com/user/mousch66/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/mousch66/videos?view=0&amp;sort=p&amp;flow=grid</a>	Der Arnold Schwarzenegger Asiens! 34 vs 9 Jahre Training im Vergleich	3.642.439	Training mit Geräten	04.03.2020
Kevin Wolter	<a href="https://www.instagram.com/wolterkevin/">https://www.instagram.com/wolterkevin/</a>	326.932	<a href="https://www.youtube.com/channel/UC8ndOGyD0cLznlUj2Ymg9lg">https://www.youtube.com/channel/UC8ndOGyD0cLznlUj2Ymg9lg</a>	Training ohne Gym	198.815	Training ohne Geräten	24.03.2020

Marco Laterza	<a href="https://www.instagram.com/marcolaterza/">https://www.instagram.com/marcolaterza/</a>	292.303	<a href="https://www.youtube.com/channel/UCMPQ4avjkYuDbKICy_U8M_2w">https://www.youtube.com/channel/UCMPQ4avjkYuDbKICy_U8M_2w</a>	VEGAN POWER // Workout by Marco Laterza	62.498	Training mit Geräten	04.03.2020
Patrick Fabian	<a href="https://www.instagram.com/patrickfabianofficial/">https://www.instagram.com/patrickfabianofficial/</a>	283.368	<a href="https://www.youtube.com/channel/UCdylal667bOnf_9Y7Eg9BfQ">https://www.youtube.com/channel/UCdylal667bOnf_9Y7Eg9BfQ</a>	Tipps zur Strandfigur "Summer Beach Body" mit PATRICK FABIAN	25.656	Training mit Geräten	04.03.2020
Mady Morrison	<a href="https://www.instagram.com/madymorrison/">https://www.instagram.com/madymorrison/</a>	266.197	<a href="https://www.youtube.com/channel/UCHJBoCDxaCTRrwCHXEBA-BA">https://www.youtube.com/channel/UCHJBoCDxaCTRrwCHXEBA-BA</a>	YOGA für Anfänger   20 Minuten Home Workout	3.915.307	Training ohne Geräte	04.03.2020
Yannik Nash	<a href="https://www.instagram.com/yanniknash/">https://www.instagram.com/yanniknash/</a>	248.951	<a href="https://www.youtube.com/channel/UCixCAf4fnpbc6eSrOqpRZYg">https://www.youtube.com/channel/UCixCAf4fnpbc6eSrOqpRZYg</a>	HOW TO GET A SIXPACK FROM TRAINING AT HOME   Yannik Nash	1.182	Training ohne Geräte	04.03.2020
Anne Kissner	<a href="https://www.instagram.com/anne_bodykiss/">https://www.instagram.com/anne_bodykiss/</a>	242.612	<a href="https://www.youtube.com/user/BodyKiss88">https://www.youtube.com/user/BodyKiss88</a>	Bauch Beine Po Training für Zuhause - Ohne Springen - Knieschonend - Schöne Beine, flacher Bauch	3.474.680	Training ohne Geräte	04.03.2020
Fabian Kitzweger	<a href="https://www.instagram.com/fabiankitzweger/">https://www.instagram.com/fabiankitzweger/</a>	242.171	<a href="https://www.youtube.com/user/talk2myhands/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/talk2myhands/videos?view=0&amp;sort=p&amp;flow=grid</a>	Workout at John Harris Fitness!	2.755	Training mit Geräten	04.03.2020
Alina Schulte im Hoff	<a href="https://www.instagram.com/alina_schulte_im_hoff/">https://www.instagram.com/alina_schulte_im_hoff/</a>	239.102	<a href="https://www.youtube.com/user/jointeamalina/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/jointeamalina/videos?view=0&amp;sort=p&amp;flow=grid</a>	Meine BESTEN Übungen für einen flachen Bauch - Training für Frauen	989.332	Training mit Geräten	04.03.2020
Kick Ass Yoga (Jelena)	<a href="https://www.instagram.com/kickassyoga/">https://www.instagram.com/kickassyoga/</a>	235.347	<a href="https://www.youtube.com/channel/UCJzcJWdh82Zx-pjp5_uZ-MA">https://www.youtube.com/channel/UCJzcJWdh82Zx-pjp5_uZ-MA</a>	40 Minuten Vinyasa Flow	53.494	Training ohne Geräte	04.03.2020
Julius Ise	<a href="https://www.instagram.com/juliusise/">https://www.instagram.com/juliusise/</a>	223.668	<a href="https://www.youtube.com/user/ready2shoot01">https://www.youtube.com/user/ready2shoot01</a>	Ganzkörpertraining zu Hause am Tower 200	4.180	Training mit Geräten	04.03.2020
Nam Thanh Vo	<a href="https://www.instagram.com/nam.vo.official/">https://www.instagram.com/nam.vo.official/</a>	221.568	<a href="https://www.youtube.com/channel/UCU-EskxR9vCr_5HItS4SW9w/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCU-EskxR9vCr_5HItS4SW9w/videos?view=0&amp;sort=p&amp;flow=grid</a>	Fullday   Brust, Rücken, Bizeps, Trizeps	5.787	Training mit Geräten	05.03.2020
Fabian Nießl	<a href="https://www.instagram.com/fabianniesslfitness/">https://www.instagram.com/fabianniesslfitness/</a>	205.303	<a href="https://www.youtube.com/channel/UCOTGEvAu1uUAG-YfSV7-PQA">https://www.youtube.com/channel/UCOTGEvAu1uUAG-YfSV7-PQA</a>	MEIN BRUST- UND BIZEPSWORKOUT	2.695	Training mit Geräten	05.03.2020
Patricia Kraft	<a href="https://www.instagram.com/patriciakraft/">https://www.instagram.com/patriciakraft/</a>	202.717	<a href="https://www.youtube.com/channel/UCK4r1iD1ICdolKQgJpIdVZq/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCK4r1iD1ICdolKQgJpIdVZq/videos?view=0&amp;sort=p&amp;flow=grid</a>	Neulinge im Gym - Trainingsplan für Anfänger	55.764	Training mit Geräten	05.03.2020
Joel Fath	<a href="https://www.instagram.com/powerjoel/">https://www.instagram.com/powerjoel/</a>	199.150	<a href="https://www.youtube.com/channel/UCe1zQD8HNr6crMnJN1dp-5g/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCe1zQD8HNr6crMnJN1dp-5g/videos?view=0&amp;sort=p&amp;flow=grid</a>	Workout at the beach with Powerjoel	1.519	Training ohne Geräte	05.03.2020
Sascha Huber	<a href="https://www.instagram.com/sascha_huber_official/">https://www.instagram.com/sascha_huber_official/</a>	198.716	<a href="https://www.youtube.com/user/keiner123/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/keiner123/videos?view=0&amp;sort=p&amp;flow=grid</a>	Extremes SIXPACK WORKOUT für Zuhause   nur 5 Minuten!	1.746.868	Training ohne Geräte	05.03.2020
Maren Schiller	<a href="https://www.instagram.com/marenschiller/">https://www.instagram.com/marenschiller/</a>	192.000	<a href="https://www.youtube.com/channel/UCfAo2zXXxKMmfDbY9-rAe7g">https://www.youtube.com/channel/UCfAo2zXXxKMmfDbY9-rAe7g</a>	-	-	-	18.03.2020
Jil Road to Glory	<a href="https://www.instagram.com/roadtogloryjil/">https://www.instagram.com/roadtogloryjil/</a>	184.546	<a href="https://www.youtube.com/user/roadtogloryJILSAI/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/roadtogloryJILSAI/videos?view=0&amp;sort=p&amp;flow=grid</a>	Bankdrücken Tutorial - So wirst du stärker Anleitung! Bankdrücken richtig ausgeführt ROADTOGLORY Jil	239.288	Training mit Geräten	05.03.2020
Max Kleinke	<a href="https://www.instagram.com/max_kleinke/">https://www.instagram.com/max_kleinke/</a>	176.380	<a href="https://www.youtube.com/watch?v=E-XLdB1asNY">https://www.youtube.com/watch?v=E-XLdB1asNY</a>	Max Kleinke 22 Year Old Bodybuilder	2.044	Training mit Geräten	05.03.2020

Smartgains (Benjamin Burkhardt)	<a href="https://www.instagram.com/smartgains/">https://www.instagram.com/smartgains/</a>	175.946	<a href="https://www.youtube.com/channel/UCFSApRb8iks55Y2xQT1KsZw">https://www.youtube.com/channel/UCFSApRb8iks55Y2xQT1KsZw</a>	TOP 3 TIPPS FÜR DEN LATZUG / Latzug richtig ausführen - Tutorial / Anleitung	580.478	Training mit Geräten	05.03.2020
Franziska Lohberger	<a href="https://www.instagram.com/franziska_lohberger/">https://www.instagram.com/franziska_lohberger/</a>	173.735	<a href="https://www.youtube.com/channel/UCLqg6qv6v3Sxn5culxqWC6Q/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCLqg6qv6v3Sxn5culxqWC6Q/videos?view=0&amp;sort=p&amp;flow=grid</a>	Bein BOOTY Training I Bikini Posing	13.536	Training mit Geräten	05.03.2020
Ann-Kathrin Martin	<a href="https://www.instagram.com/annkathrin.martin/">https://www.instagram.com/annkathrin.martin/</a>	167.660	<a href="https://www.youtube.com/channel/UCIE4I7dFSDS_68N0TzUbtiw/videos">https://www.youtube.com/channel/UCIE4I7dFSDS_68N0TzUbtiw/videos</a>	BEINE bis ich WEINE	13.590	Training mit Geräten	05.03.2020
Carmen Ramona Bieri	<a href="https://www.instagram.com/carmenbieri_/">https://www.instagram.com/carmenbieri_/</a>	164.771	<a href="https://www.youtube.com/channel/UCFWI14vKEBDIbe6Olx249Kg/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCFWI14vKEBDIbe6Olx249Kg/videos?view=0&amp;sort=p&amp;flow=grid</a>	9 MIN AB WORKOUT I NO EQUIPMENT I WITH THE BIERISISTERS	2.723	Training ohne Geräte	05.03.2020
Michelle Bieri	<a href="https://www.instagram.com/michellebieri_/">https://www.instagram.com/michellebieri_/</a>	160.224	<a href="https://www.youtube.com/channel/UCFWI14vKEBDIbe6Olx249Kg/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCFWI14vKEBDIbe6Olx249Kg/videos?view=0&amp;sort=p&amp;flow=grid</a>	9 MIN AB WORKOUT I NO EQUIPMENT I WITH THE BIERISISTERS	2.723	Training ohne Geräte	05.03.2020
Julian Zietlow	<a href="https://www.instagram.com/julianzietlow/">https://www.instagram.com/julianzietlow/</a>	157.241	<a href="https://www.youtube.com/channel/UCF1CBdtQCOgremV9K5algaQ">https://www.youtube.com/channel/UCF1CBdtQCOgremV9K5algaQ</a>	Massive Brust! Die 5 besten Übungen	726.213	Training mit Geräten	05.03.2020
Lu Coaching	<a href="https://www.instagram.com/lu_coaching/">https://www.instagram.com/lu_coaching/</a>	152.911	<a href="https://www.youtube.com/channel/UCIlyJWfXywOyT1Avd5_1GDw">https://www.youtube.com/channel/UCIlyJWfXywOyT1Avd5_1GDw</a>	Seitheben richtig ausführen	5.902	Training mit Geräten	05.03.2020
Viktory Time	<a href="https://www.instagram.com/viktory_time/">https://www.instagram.com/viktory_time/</a>	151.807	<a href="https://www.youtube.com/channel/UCn9W2xHBltoZ06NTvhqUG2A">https://www.youtube.com/channel/UCn9W2xHBltoZ06NTvhqUG2A</a>	Die Top 4 Oberkörper Übungen mit Leon Lovelock und Viktory_Time 2/2	5.924	Training mit Geräten	05.03.2020
Luca Pasquariello	<a href="https://www.instagram.com/luca_fithealth/">https://www.instagram.com/luca_fithealth/</a>	147.687	<a href="https://www.youtube.com/user/lucapasquariello91/videos">youtube.com/user/lucapasquariello91/videos</a>	FULL BODY HOME WORKOUT	515	Training ohne Geräte	05.03.2020
Johannes Luckas	<a href="https://www.instagram.com/johannes_luckas/">https://www.instagram.com/johannes_luckas/</a>	143.877	<a href="https://www.youtube.com/user/TheTrevor2005/videos">https://www.youtube.com/user/TheTrevor2005/videos</a>	Top 3 Knackpo Übungen für Anfänger feat. Emilia Bte	758.293	Training mit Geräten	05.03.2020
Sepehr Bahadori	<a href="https://www.instagram.com/bro_sep/">https://www.instagram.com/bro_sep/</a>	142.996	<a href="https://www.youtube.com/channel/UCYbKyDZMx_Oj8vKJX65z6NQ">https://www.youtube.com/channel/UCYbKyDZMx_Oj8vKJX65z6NQ</a>	DIE GRÖßTEN FEHLER BEI DER KNIEBEUGE! SQUATS RICHTIG AUSFÜHREN	397.963	Training ohne Geräte	05.03.2020
Mareike Spaleck	<a href="https://www.instagram.com/mareikespaleck/">https://www.instagram.com/mareikespaleck/</a>	137.600	<a href="https://www.youtube.com/user/FitnessgurusTV/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/user/FitnessgurusTV/videos?view=0&amp;sort=p&amp;flow=grid</a>	Seilspringen zum Abnehmen und weitere Vorteile	173.738	Training mit Geräten	05.03.2020
Roxis Ecke	<a href="https://www.instagram.com/roxisecke/">https://www.instagram.com/roxisecke/</a>	137.527	<a href="https://www.youtube.com/channel/UCjCjRNmgBYkG9sRb-Fz66Jw/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCjCjRNmgBYkG9sRb-Fz66Jw/videos?view=0&amp;sort=p&amp;flow=grid</a>	Intensives Bauchtraining: Die besten Bauchübungen für zuhause   Fit für den Sommer Teil 2	286.389	Training ohne Geräte	06.03.2020
Lea Love Lifting	<a href="https://www.instagram.com/lealoveslifting_official/">https://www.instagram.com/lealoveslifting_official/</a>	130.814	<a href="https://www.youtube.com/user/lealovesbodybuilding/videos">https://www.youtube.com/user/lealovesbodybuilding/videos</a>	keine Videos vorhanden	-	-	06.03.2020
David Lengauer	<a href="https://www.instagram.com/davidlengauer/">https://www.instagram.com/davidlengauer/</a>	130.501	<a href="https://www.youtube.com/user/davidlengauer/videos">https://www.youtube.com/user/davidlengauer/videos</a>	KOMPLETTES RÜCKEN TRAINING - Übungen im Rücken Trainingsplan - TIPPS UND TRICKS 2017	459.306	Training mit Geräten	06.03.2020
Simon Hirschmann	<a href="https://www.instagram.com/simon.hirschmann/">https://www.instagram.com/simon.hirschmann/</a>	126.029	<a href="https://www.youtube.com/channel/UCJW_K2qkRUll-aP-hJLA2q/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCJW_K2qkRUll-aP-hJLA2q/videos?view=0&amp;sort=p&amp;flow=grid</a>	6 MONTH BODYBUILDING BODY TRANSFORMATION	1.394.594	-	06.03.2020

				BIG CHANGE FROM FAT TO FIT			
Simon Teichmann	<a href="https://www.instagram.com/simonteichmann_bodyjp/">https://www.instagram.com/simonteichmann_bodyjp/</a>	123.846	<a href="https://www.youtube.com/user/BodyJP">https://www.youtube.com/user/BodyJP</a>	Top 3 Übungen - Bizeps Training	858.354	Training mit Geräten	06.03.2020
Growing Annanas	<a href="https://www.instagram.com/growingannanas/">https://www.instagram.com/growingannanas/</a>	121.468	<a href="https://www.youtube.com/channel/UCsLF0qPTpkYKq81HsjgzhwQ">https://www.youtube.com/channel/UCsLF0qPTpkYKq81HsjgzhwQ</a>	9 MINUTES CROSSFIT ABS Workout   Bauchworkout für einen starken CORE	8.080	Training ohne Geräte	06.03.2020
Alex Kulka	<a href="https://www.instagram.com/alex_kukla/">https://www.instagram.com/alex_kukla/</a>	121.195	<a href="https://www.youtube.com/channel/UCfrbuzcT9MRd38JYQjKogw/videos?view=0&amp;sort=p&amp;flow=grid">https://www.youtube.com/channel/UCfrbuzcT9MRd38JYQjKogw/videos?view=0&amp;sort=p&amp;flow=grid</a>	-	-	-	06.03.2020
Lisa Schmitt	<a href="https://www.instagram.com/lisaschmitt_/">https://www.instagram.com/lisaschmitt_/</a>	120.324	<a href="https://www.youtube.com/lisaschmittfitness">https://www.youtube.com/lisaschmittfitness</a>	Beintraining - Grow your Glutes!	2.345	Training mit Geräten	06.03.2020
Michelle Czaja	<a href="https://www.instagram.com/michelle_czaja/">https://www.instagram.com/michelle_czaja/</a>	118.088	-	-	-	-	06.03.2020
Rico Lopez Gomez	<a href="https://www.instagram.com/ricolachico/">https://www.instagram.com/ricolachico/</a>	115.178	<a href="https://www.youtube.com/user/ricolopezgomez">https://www.youtube.com/user/ricolopezgomez</a>	Neues BrustTraining ( Neue Reize setzen ) / Rico Lopez Gomez	24.420	Training mit Geräten	06.03.2020
Eike Wiemken	<a href="https://www.instagram.com/eike_wiemken/">https://www.instagram.com/eike_wiemken/</a>	111.801	<a href="https://www.youtube.com/user/EikeWiemken/videos">https://www.youtube.com/user/EikeWiemken/videos</a>	Meine 3 besten Bizeps Übungen - Eike Wiemken	202.427	Training mit Geräten	06.03.2020
The Tanju	<a href="https://www.instagram.com/the_tanju/">https://www.instagram.com/the_tanju/</a>	110.261	<a href="https://www.youtube.com/channel/UCzEk1j2hOOSPr-gPzTW8lw">https://www.youtube.com/channel/UCzEk1j2hOOSPr-gPzTW8lw</a>	keine Workout-Videos mit Anleitung	-	-	06.03.2020
Imke Salander	<a href="https://www.instagram.com/imkesalander/">https://www.instagram.com/imkesalander/</a>	110.109	-	-	-	-	06.03.2020
Smartgains Sally	<a href="https://www.instagram.com/smartgains_princess/">https://www.instagram.com/smartgains_princess/</a>	108.802	<a href="https://www.youtube.com/channel/UCTpi0l8Zt4ZFF3JYygv06lw">https://www.youtube.com/channel/UCTpi0l8Zt4ZFF3JYygv06lw</a>	MY BOOTY & LEG WORKOUT	37.624	Training mit Geräten	06.03.2020
Sunnys Secret	<a href="https://www.instagram.com/sunnys_secret/">https://www.instagram.com/sunnys_secret/</a>	108.607	<a href="https://www.youtube.com/channel/UCAS7RAJG2CLhkYbrqvZZKvQ/videos">https://www.youtube.com/channel/UCAS7RAJG2CLhkYbrqvZZKvQ/videos</a>	Bikini Workout Motivation   get a Booty - by Sunnys Secret	61.045	Training mit Geräten	06.03.2020
Patrick Nolfo	<a href="https://www.instagram.com/patrick_nolfo/">https://www.instagram.com/patrick_nolfo/</a>	108.592	<a href="https://www.youtube.com/user/TheYogiMaster">https://www.youtube.com/user/TheYogiMaster</a>	Body Partner In & Out Door Training	6.042	Training ohne Geräte	06.03.2020
Cyril Henry	<a href="https://www.instagram.com/cyril_henry/">https://www.instagram.com/cyril_henry/</a>	105.903	-	-	-	-	06.03.2020
Missamou	<a href="https://www.instagram.com/green.joel/">https://www.instagram.com/green.joel/</a>	104.149	-	-	-	-	06.03.2020
Martina Road to Glory	<a href="https://www.instagram.com/roadtoglory_artie/">https://www.instagram.com/roadtoglory_artie/</a>	102.846	<a href="https://www.youtube.com/user/roadtogloryJILSA">https://www.youtube.com/user/roadtogloryJILSA</a>	kein eigener Kanal	-	-	06.03.2020
Kathrin Menzinger	<a href="https://www.instagram.com/kathrin_menzinger/">https://www.instagram.com/kathrin_menzinger/</a>	100.607	<a href="https://www.youtube.com/channel/UCF_VcvcZ7vCTXXQY4kxxeJg">https://www.youtube.com/channel/UCF_VcvcZ7vCTXXQY4kxxeJg</a>	SHOW ME HOW YOU BURLESQUE - Incredible dance performance by Kathrin Menzinger	523.367	Training ohne Geräte	06.03.2020