



# Moving Ice House, Set Up/Drill Holes

ICE HOUSE

DRILL HOLES

STRENGTH

ENDURANCE

## Nutrients

EXERCISE.DIFFICULTY

-

EXERCISE.KCAL\_HOUR

315 kcal/h

*The information contained in this document is for educational purposes only and does not replace medical advice.*

David Janitzek Diets  
Premium  
Krumbacher Straße 26  
86424 Dinkelscherben,  
Germany  
VAT ID: DE453108867

Contact:  
Email:  
support@dietspremium.com  
Tel.: +49 1520 744 5675

Web:  
dietspremium.com

Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720