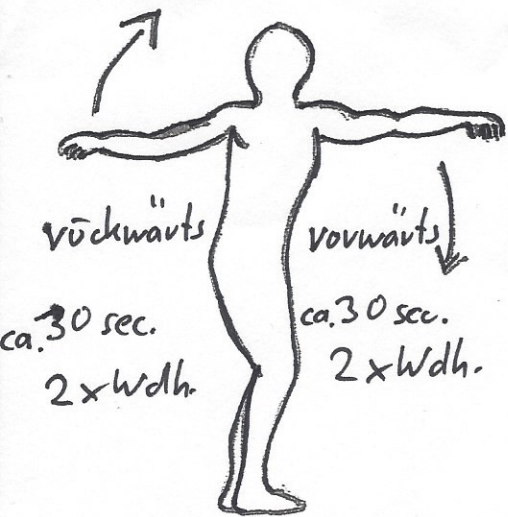
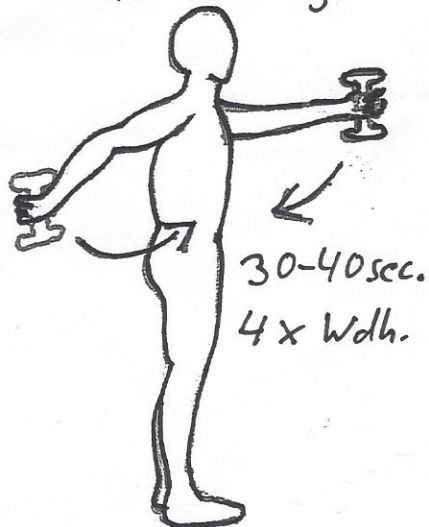


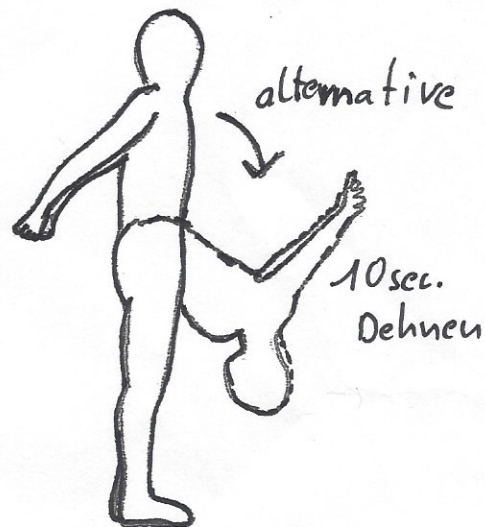
Arm kreisen



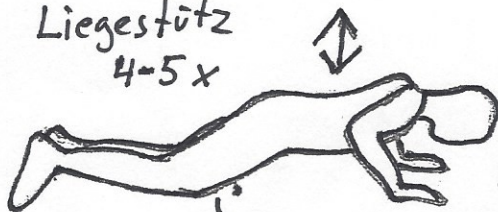
Arm schwingen



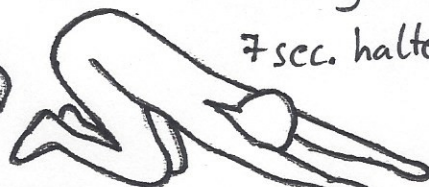
alternative



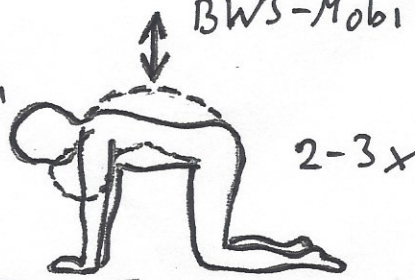
Liegestütz
4-5 x



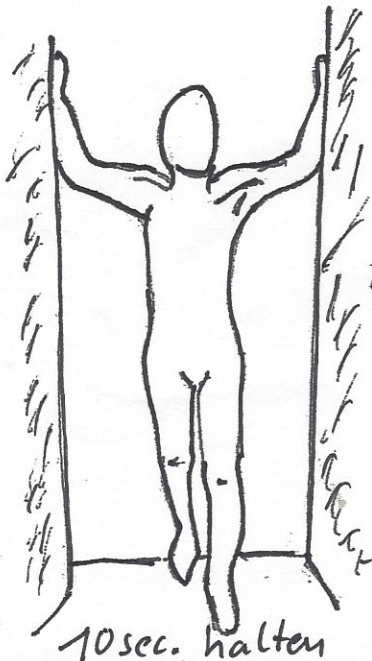
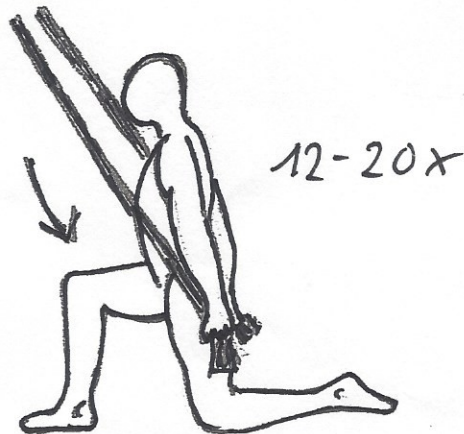
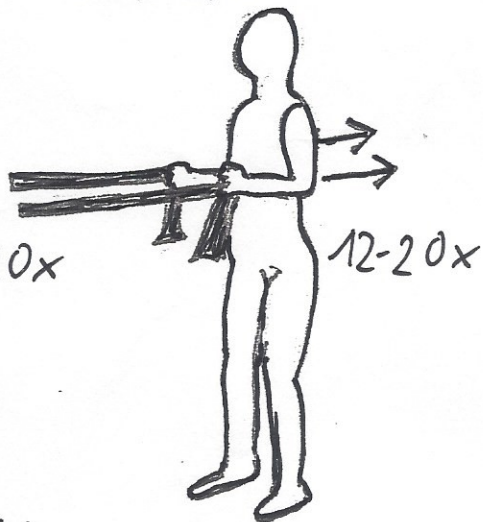
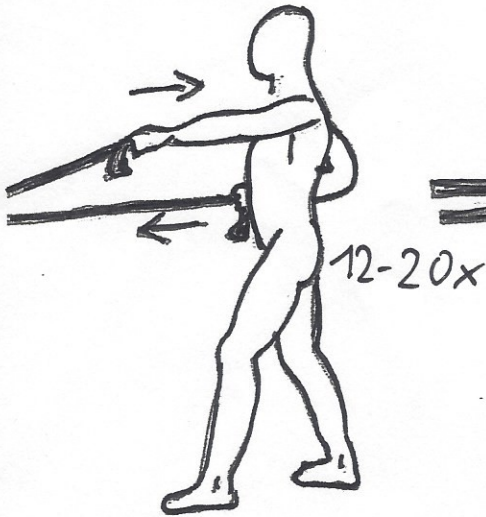
Rückendehnung



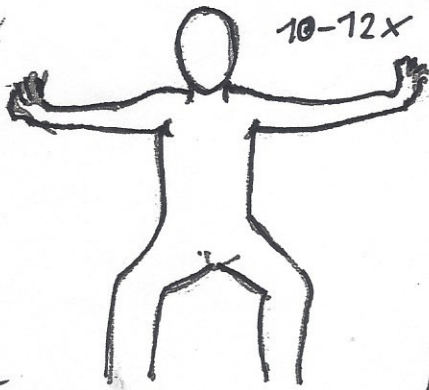
BWS-Mobi



10-15 Wdh.



4 sec. halten
10-12 x



20-40 sec.
halten
tiefe
Bauchatmung

