

Rundum Fit



Roll down
Fokus Atmung



Rotation
links, rechts je 5-10x



Telemark
links, rechts je 5-10x



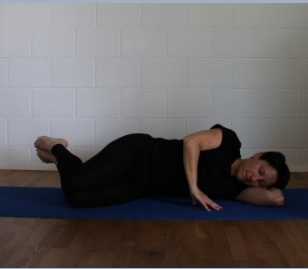
4-Füssler
links, rechts je 5-10x



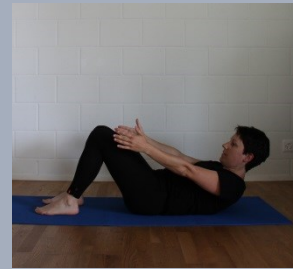
Entspannung
Katzenbuckel
(nach Bedarf zwischen
den Übungen)



Entspannung
Einrollen
(nach Bedarf zwischen
den Übungen)



Claim
links 5-10x



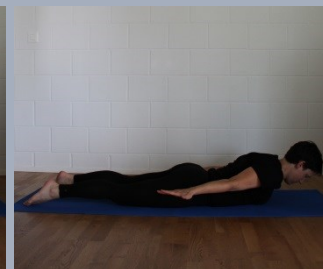
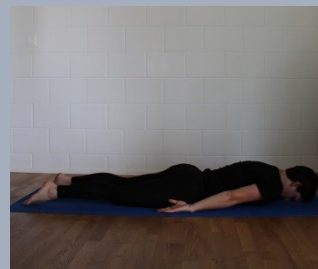
Situps
10-15x



Wirbelsäulenmobilisation
5-10x



Claim
rechts 5-10x



Dart
5-10x

