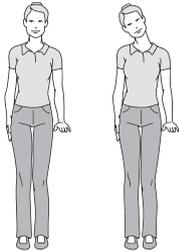


# AKTIV AM ARBEITSPLATZ

## Oberkörper

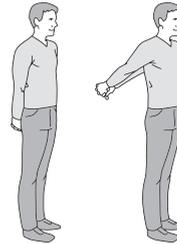
NACKENDEHNUNG



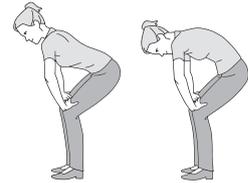
KÖRPERSTRECKUNG



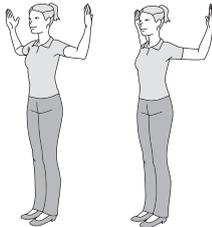
SCHULTERMobilISATION



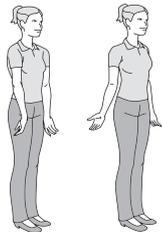
RÜCKENMobilISATION



RÜCKENKRÄFTIGUNG



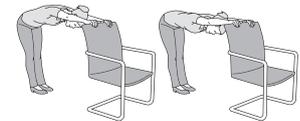
SCHULTERMobilISATION



OBERKÖRPERROTATION



RÜCKENSTRETCH FRONTAL



**ANWENDUNG:** Statische Übungen für ca. 30 - 60 Sekunden halten.  
Dynamische Übungen 5 - 10x ausführen.