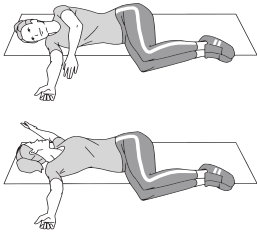


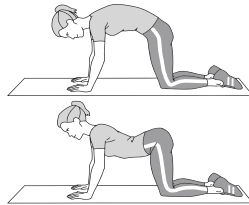
AKTIV ZU HAUSE

Oberkörper

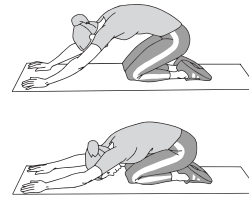
MOBILISATION WIRBELSÄULE



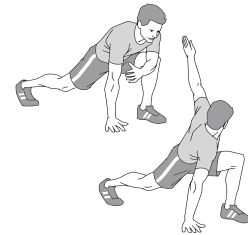
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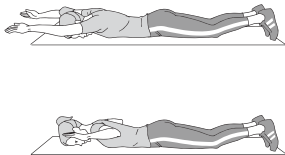
DEHNUNG SCHULTER/RÜCKEN



OBERKÖRPERROTATION



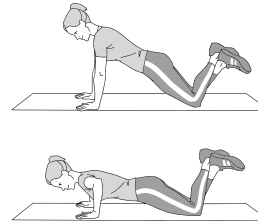
KRÄFTIGUNG SCHULTER



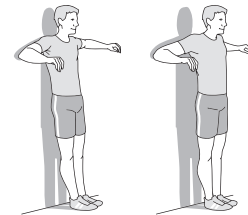
KRÄFTIGUNG RÜCKEN



LIEGESTÜTZ



WANDRÜCKEN



ANWENDUNG: Übungen mit dem Faszienball für ca. 30 - 60 Sekunden ausführen.
Dynamische Übungen 5 - 10x ausführen.