

Die 8 Bewegungen der Wirbelsäule

Übe mehrmals die Woche einige Runden! Dynamische Übungseinheit; EA = Einatmen; AA = Ausatmen

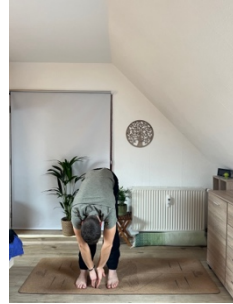
Fester Stand



EA



AA



EA



AA



EA



AA



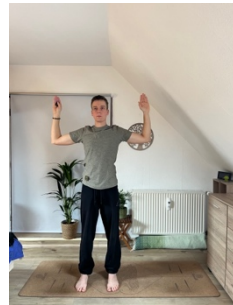
EA



AA



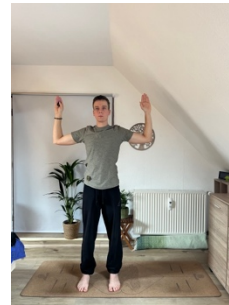
EA



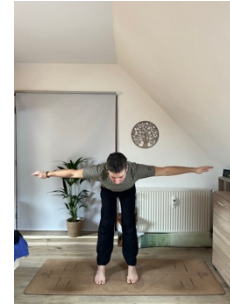
AA



EA



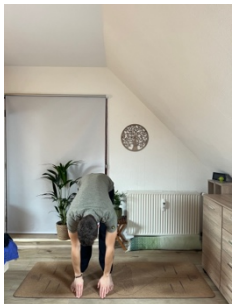
AA



EA



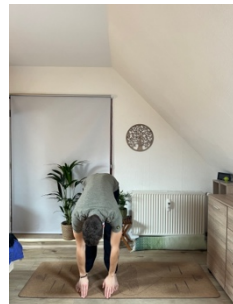
AA



EA



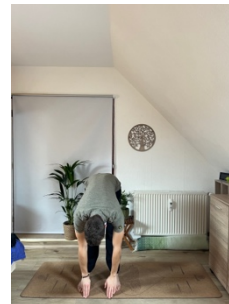
AA



EA



AA



EA



AA

