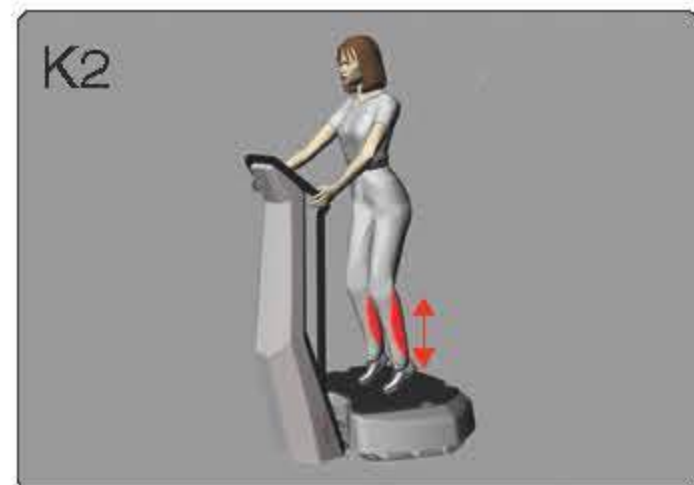


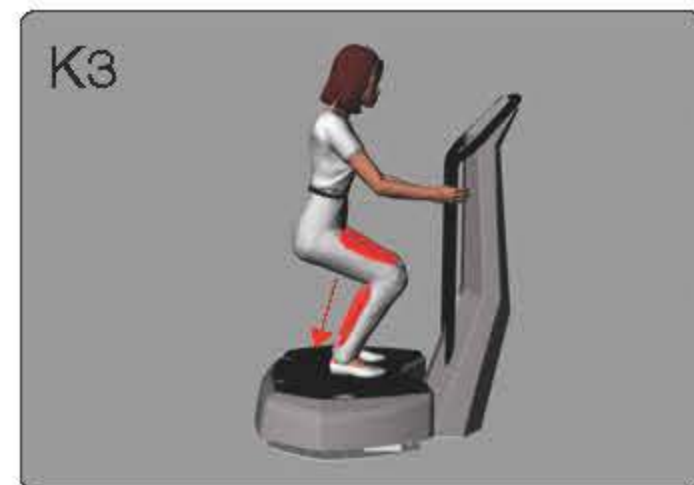
## Kräftigung – Training



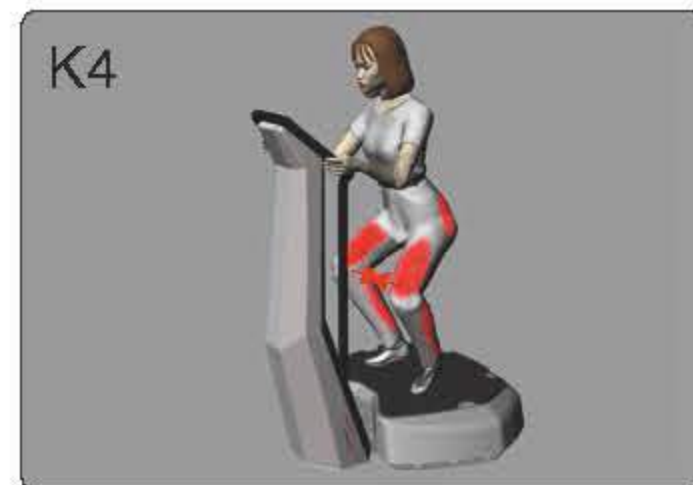
K1  
Aufwärmen  
Warm Up



K2  
Waden heben  
Calves Lift



K3  
Tiefe Kniebeuge  
Deep Squat



K4  
Breitbeinige Kniebeuge  
Wide Stance Squat



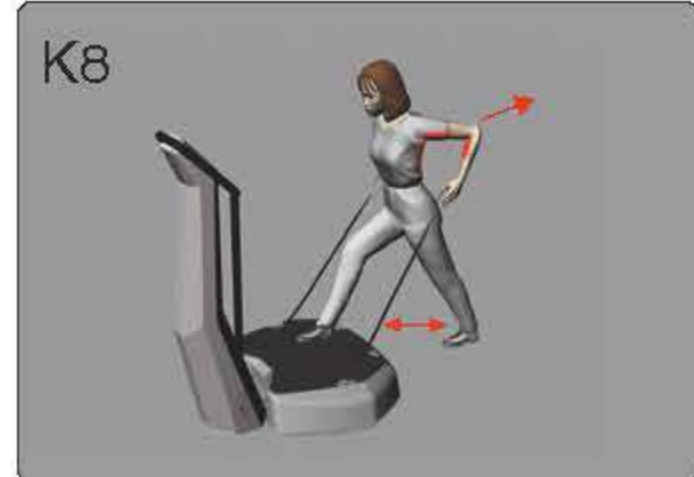
K5  
Ausfallschritt  
Lunge



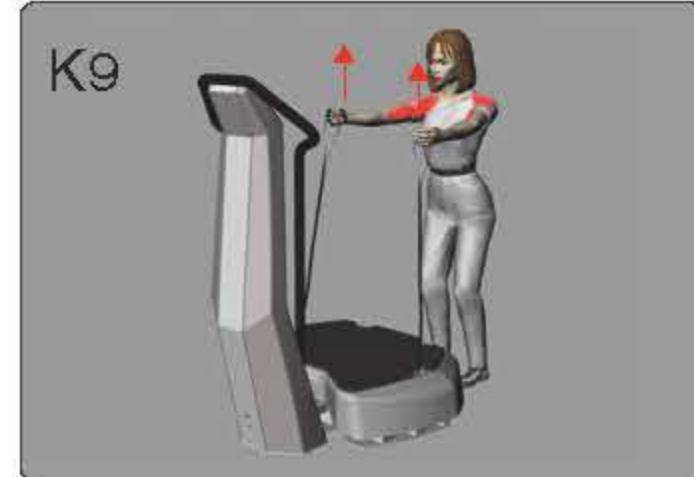
K6  
Bauch, stehend  
Standing Abdominals



K7  
Armbieger  
Biceps Curl



K8  
Ruderzug  
Bent Over Pull



K9  
Vordere Schulter  
Front Raise



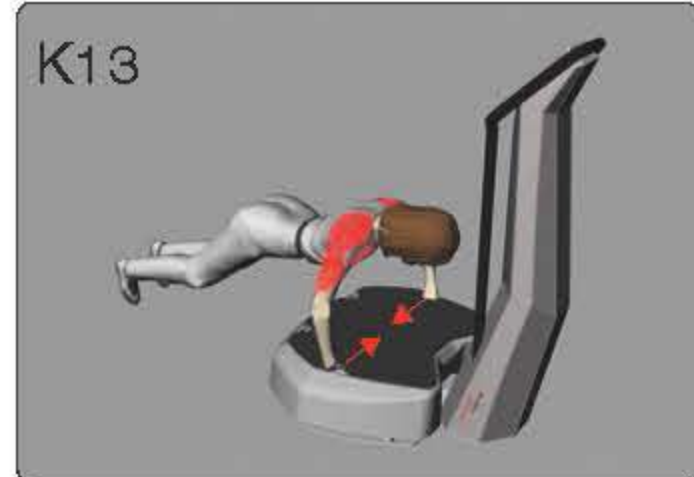
K10  
Seitliche Schulter  
Lateral Side Raise



K11  
Bauch, intensiv  
Abdominal Crunch



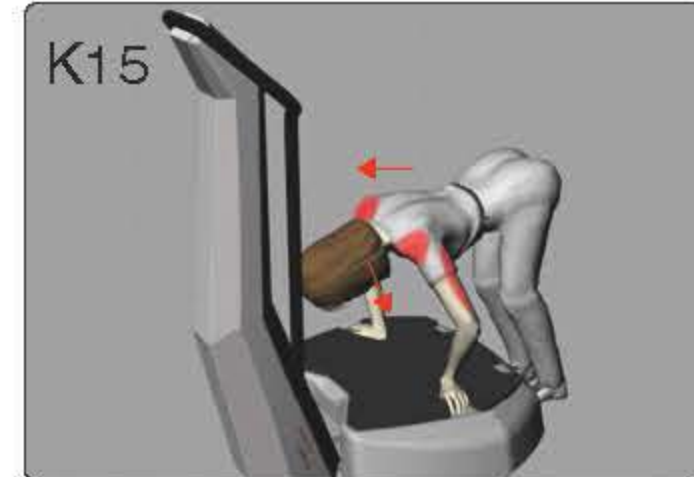
K12  
Beinbeuger  
Pelvic Bridge



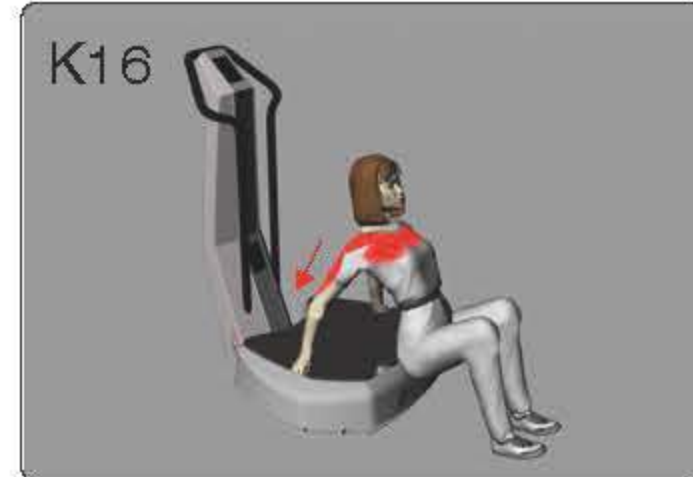
K13  
Liegestütze  
Push Up



K14  
Liegestütz kniend  
Kneeling Push Up



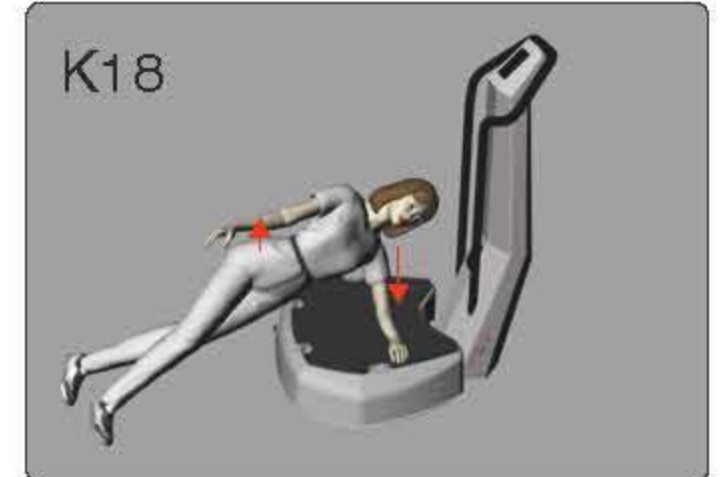
K15  
Schulterpresse  
Shoulder Press



K16  
Armstrecker  
Triceps Dip

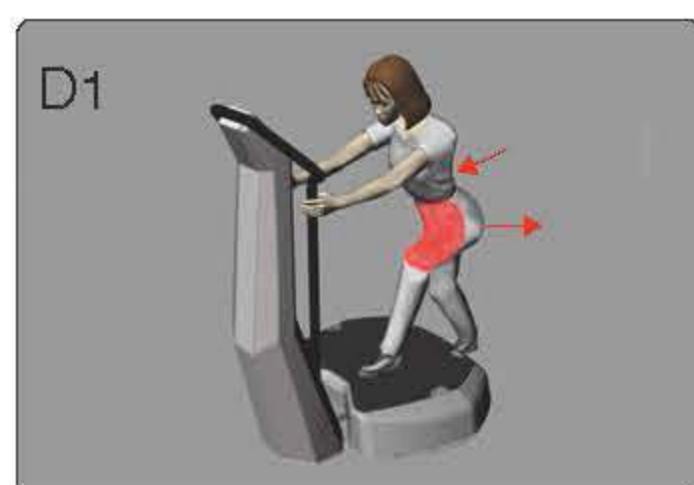


K17  
Oberkörper Grundübung  
Lattisimus Dip



K18  
Seitlicher Bauch  
Lateral Abdominals

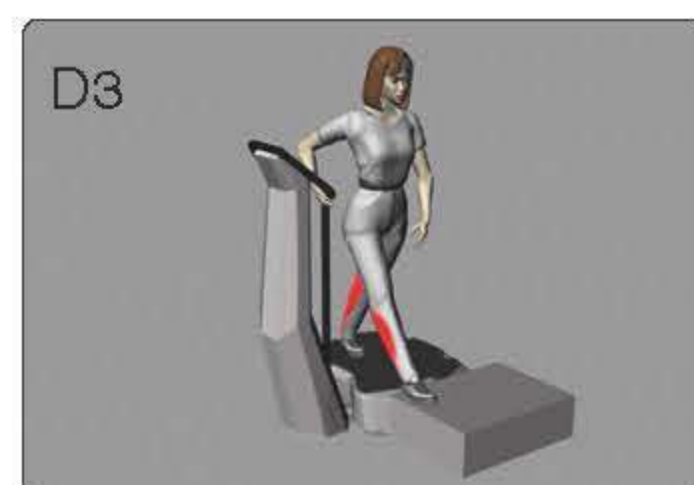
## Dehnung – Stretching



D1  
Kniesehnen  
Hamstring



D2  
Hüftbeuger  
Quadriceps



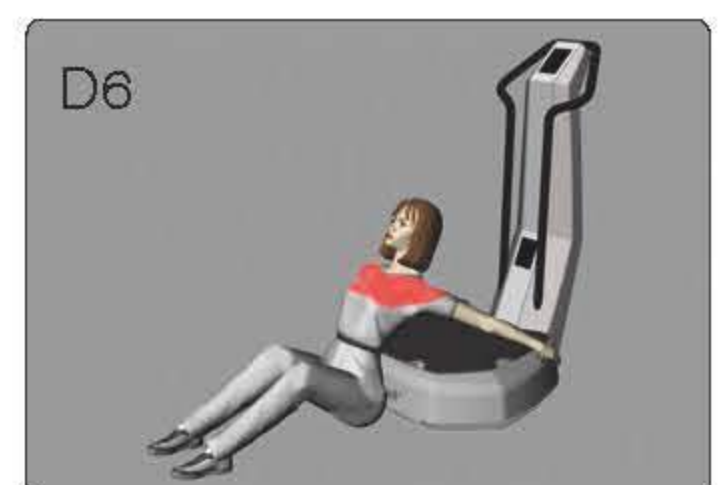
D3  
Waden  
Calves



D4  
Oberschenkelinnenseite  
Adductor



D5  
Schulter  
Shoulder



D6  
Brust  
Upper Body

## Massage – Massage



M1  
Waden  
Calves



M2  
Oberarm  
Upper Arm



M3  
Oberschenkel-  
vorderseite  
Quadriceps



M4  
Oberschenkel-  
innenseite  
Adductor



M5  
Oberschenkel, Waden,  
Aussenseite  
Abductor



M6  
Oberschenkelunterseite,  
Gesäss  
Hamstring

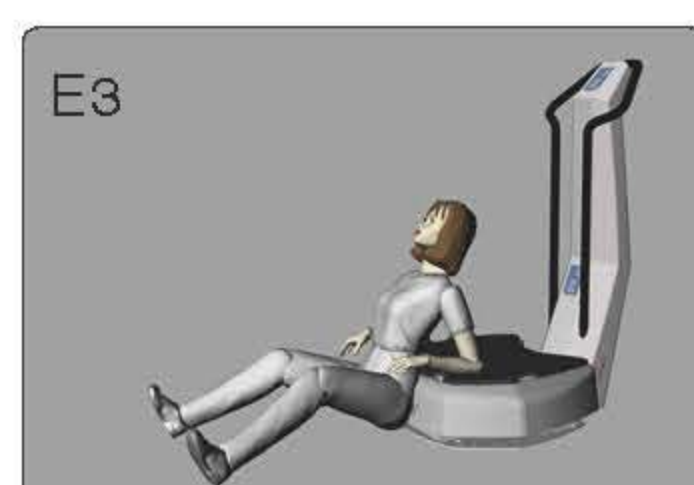
## Entspannung – Relaxation



E1  
Schulter, Nacken  
Shoulder, Neck



E2  
Unterer Rücken  
Lower Back



E3  
Oberkörper  
Upper Body



E4  
Rücken, Beckenboden  
Back



E5  
Unterschenkel,  
Oberschenkel  
Calves, Thighs



E6  
Unterschenkel, Arme  
Calves, Arms