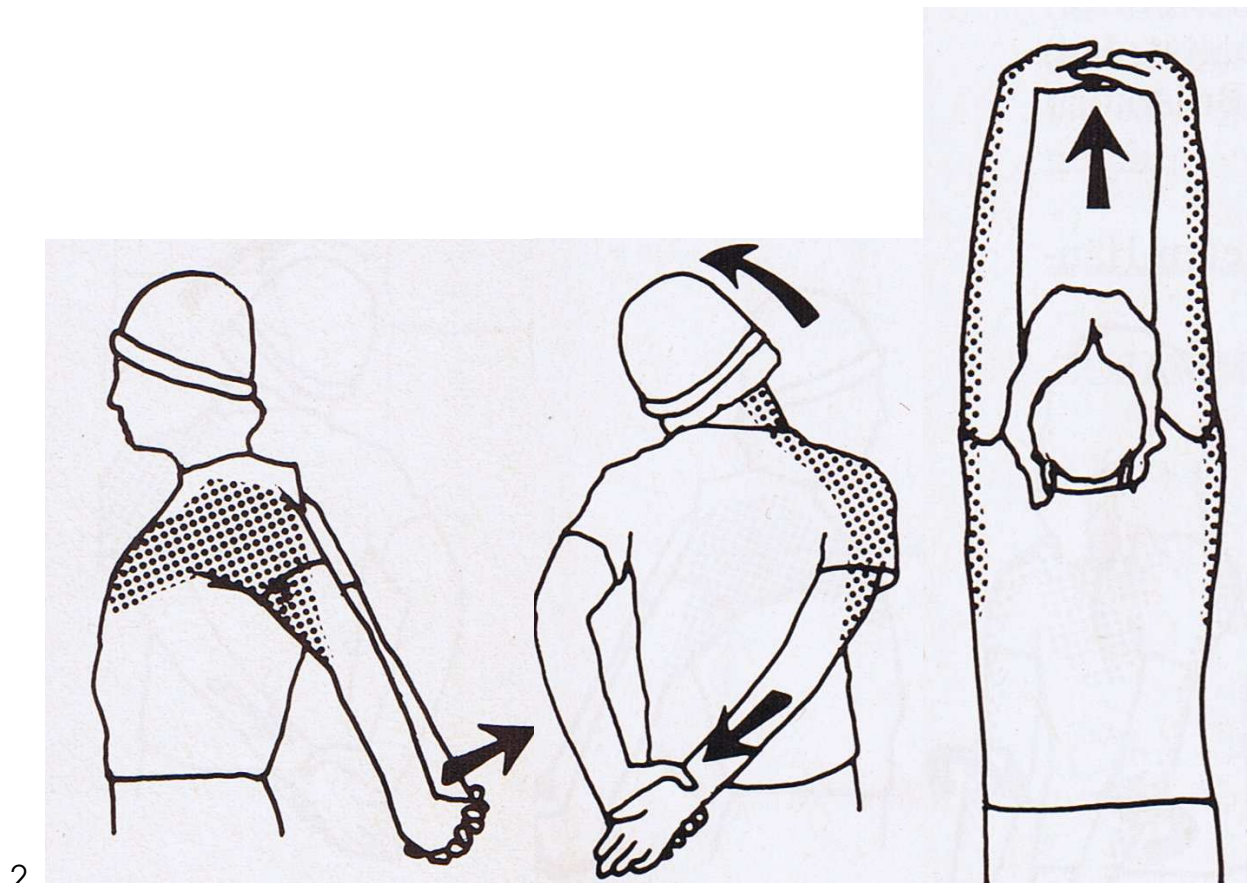
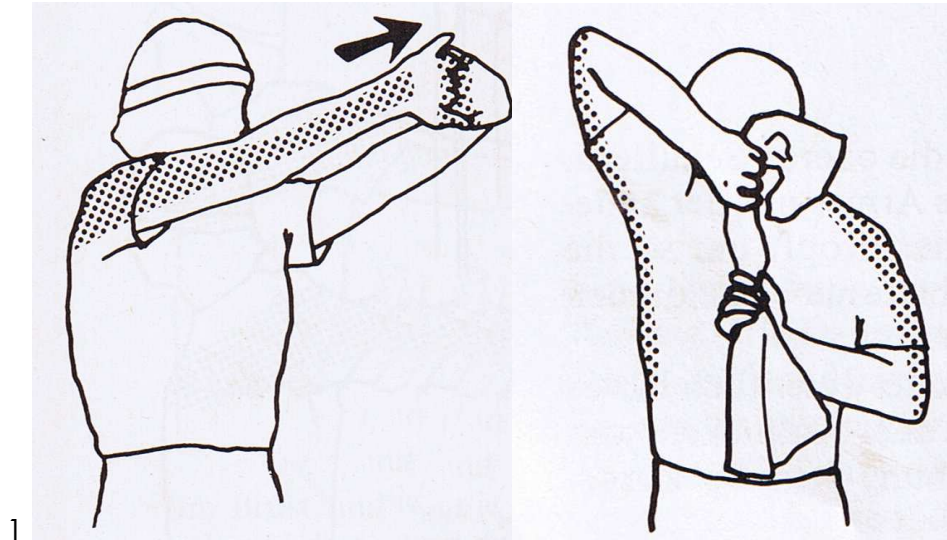


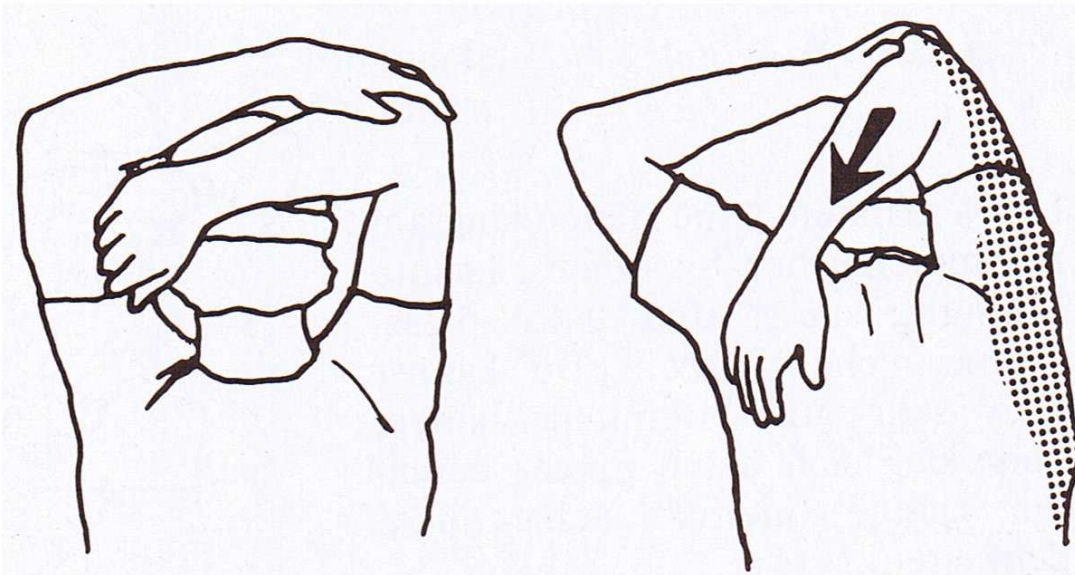


Dehnungen

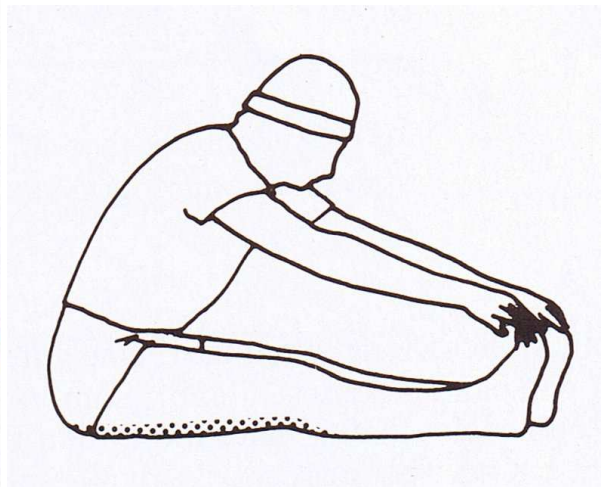
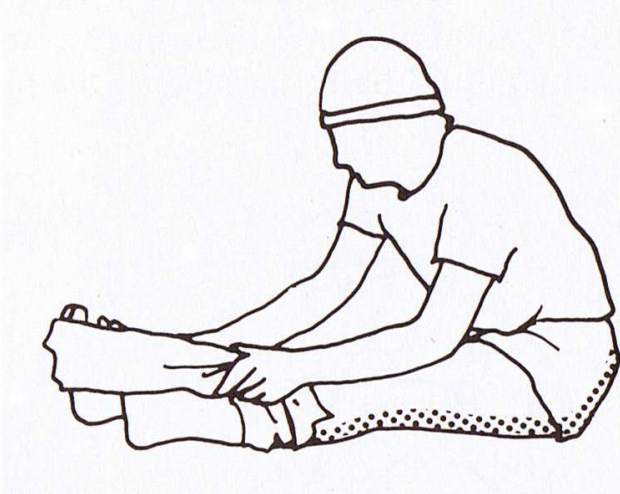
Ihr tägliches Gymnastikprogramm für die
Hals-, Brust- und Lendenwirbelsäule bei Verspannung und Verkürzung



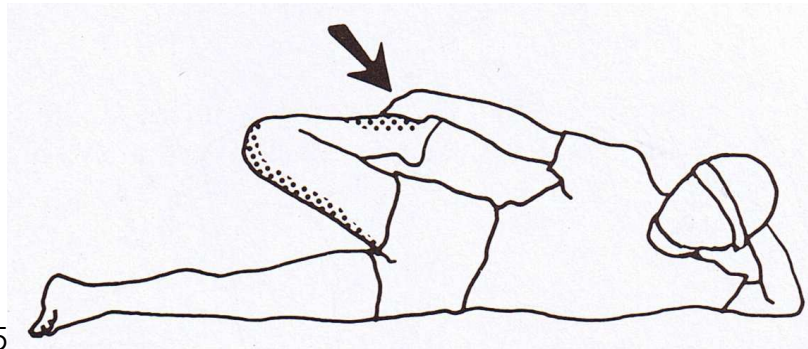
Trapezius, Pectoralis Rhomboideus, Trizeps,
Handgelenkbeuger



3



4



5



Hüftbeuger, Iliopsoas, Glutealmuskulatur, Ischiocrurale Muskulatur