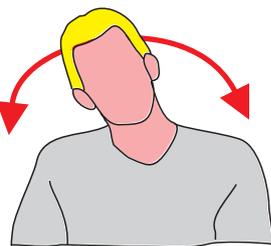


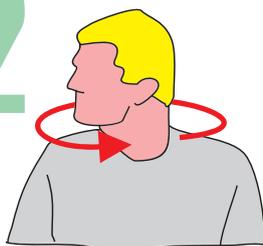
WARM UP Übungen

1



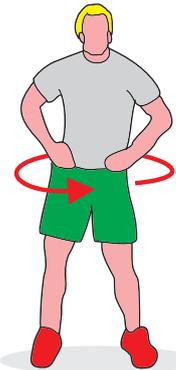
Nackependeln

2



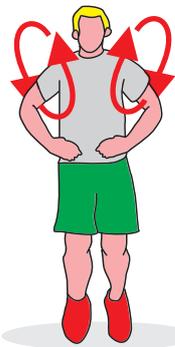
Nackenkreisen

3



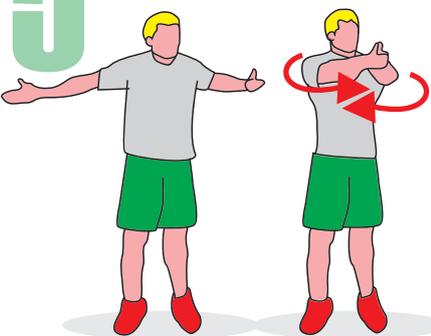
Beckenkreisen

4



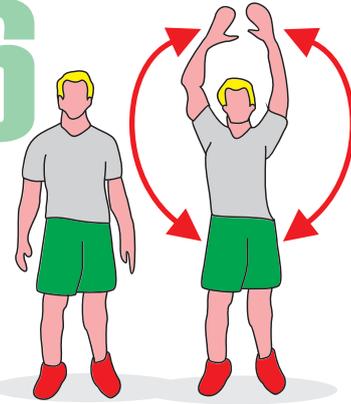
Schulterkreisen

5



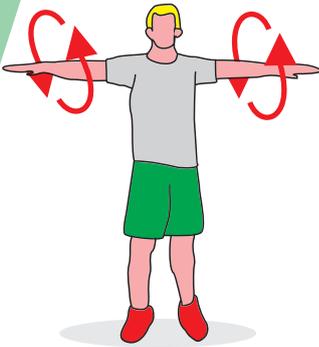
Arme vor Brust schwingen

6



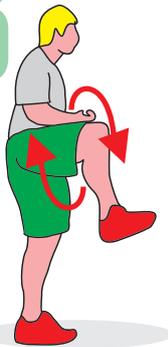
Seitliches Armwippen

7



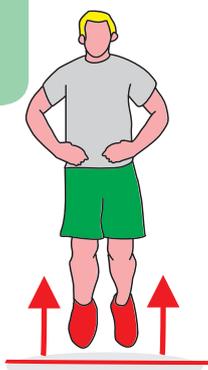
Armkreisen

8



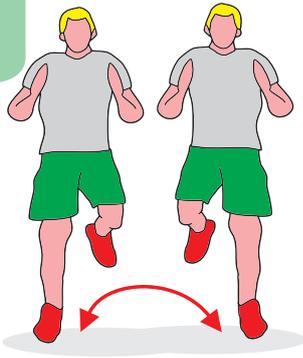
Hüftkreisen

9



Standhüpfen

10



Seite zu Seite hüpfen