

AUFWÄRMÜBUNGEN

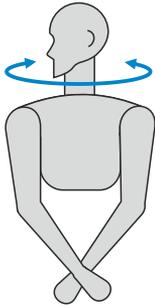


Abb. 11.1: Kopf rotieren (15 Sek.)

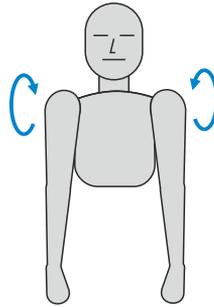


Abb. 11.2: Schultern kreisen (15 Sek.)

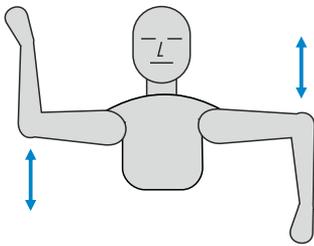


Abb. 11.3: Arme in 90° abwechselnd drehen (15 Sek.)

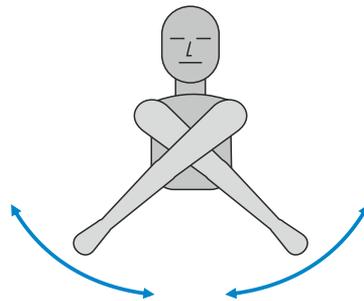


Abb. 11.4: Arme abwechselnd überkreuzen (15 Sek.)

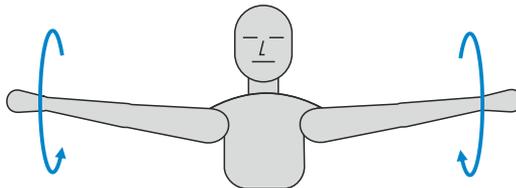


Abb. 11.5: Arme kreisen (15 Sek.)