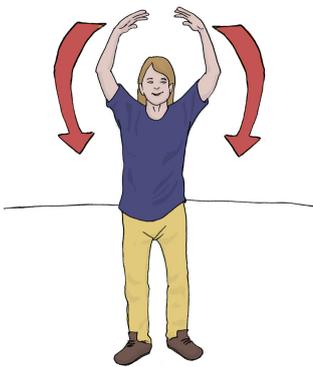


Einfach mal diese Übungen machen.

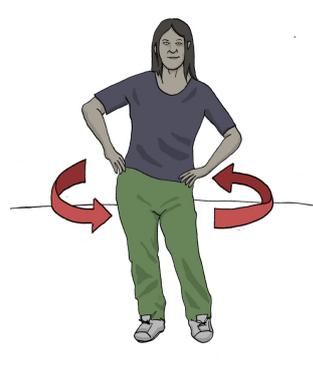
Bring Bewegung in Deinen Alltag.



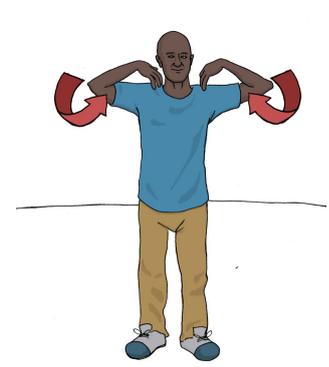
Armheben



Schulterdrehen



Hüftkreisen



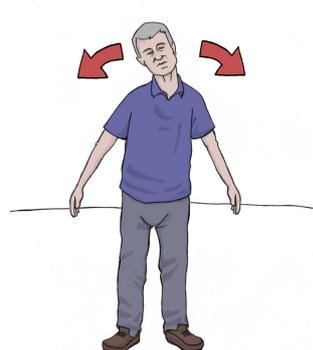
Armkreisen



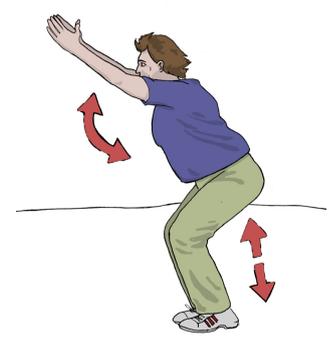
Fersenheben



Seitdehnen



Kopfnneigen



Kniebeugen



STADTBEWEGUNG