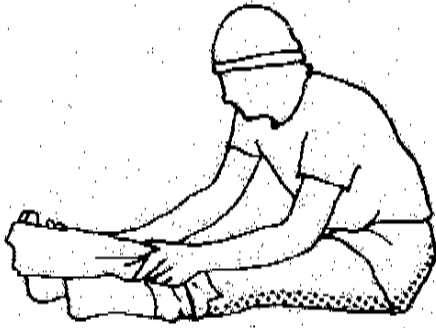
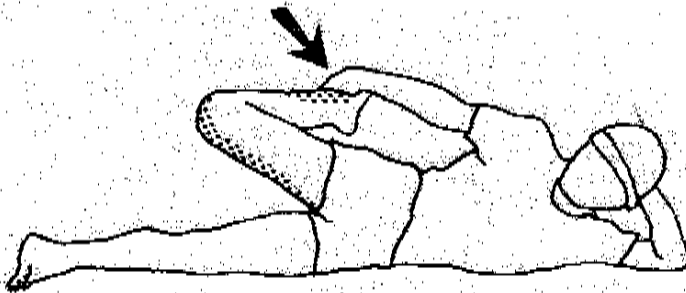
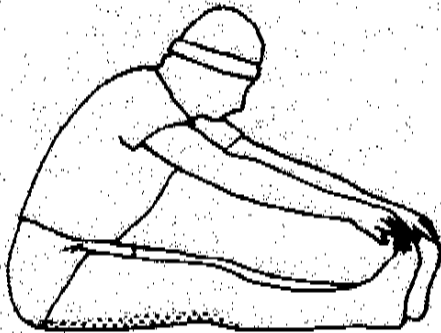


Handout

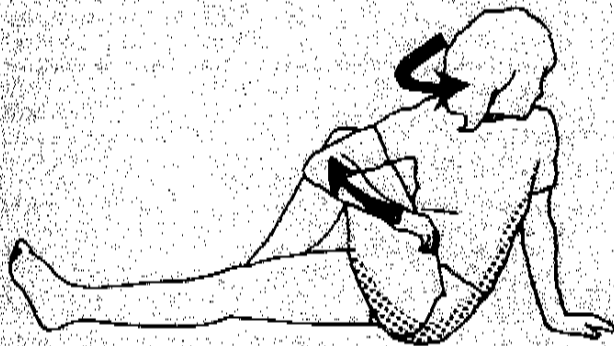
Eigenübung/Dehnung: LWS Beckenübergreifend, BWS, Schulter-Nacken



Ischiocrurale Muskulatur



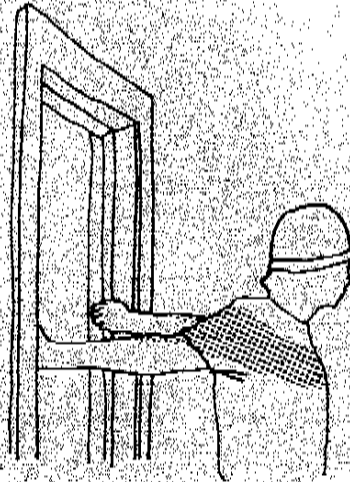
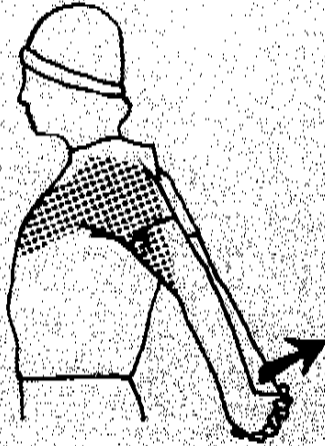
Hüftbeuger, Iliacus, Psoas



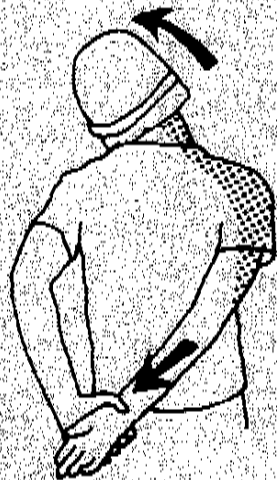
Glutealmuskulatur

Handout

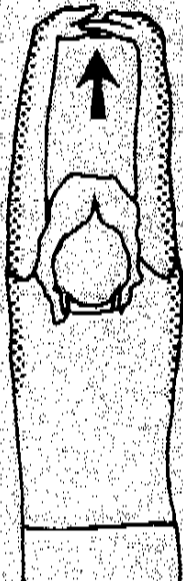
Eigenbetätigung/Dehnung: LWS Beckenübergreifend, BWS, Schulter-Nacken



Pectoralis



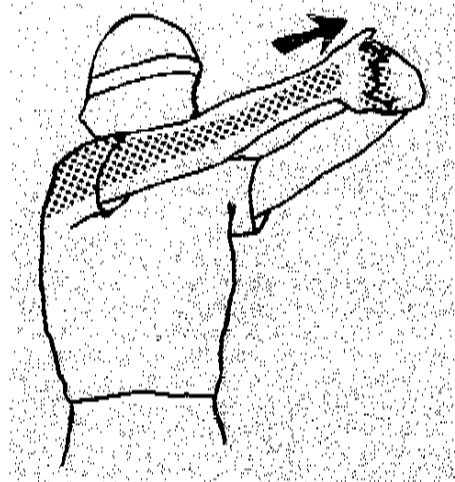
Trapezius, Scaleni, Levator (je nach Kopffrotation; Übungs bds in Links- und Rechtsrotation durchführen)



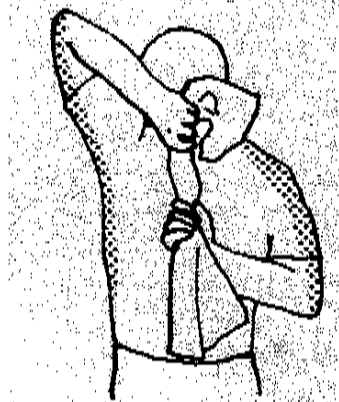
Trapezius caudal, Triceps, HG-Flexoren,

Handout

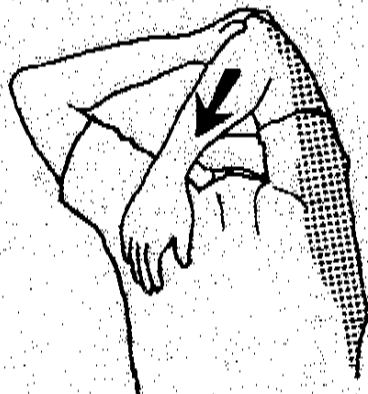
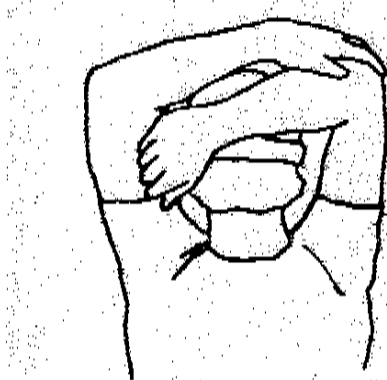
Eigenübung/Dehnung: LWS Beckenübergreifend, BWS, Schulter-Nacken



Trapezius Mitte, Rhomboideus, Trizeps, HG-Flexoren



Latissimus, Rhomboideus, Trizeps,



Latissimus, Rhomboideus,
Trizeps caudal

