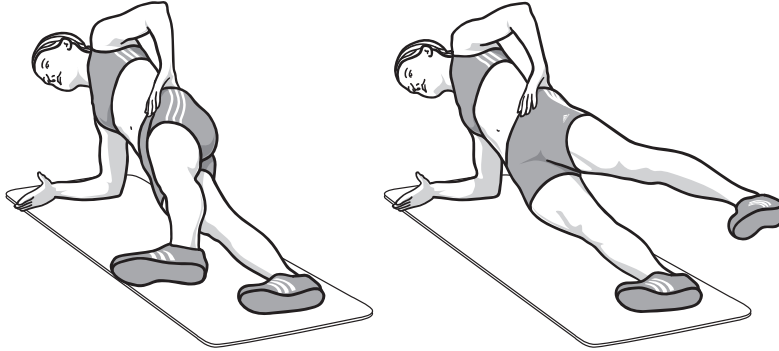


Stütz- und Elementarübungen: 360°

1

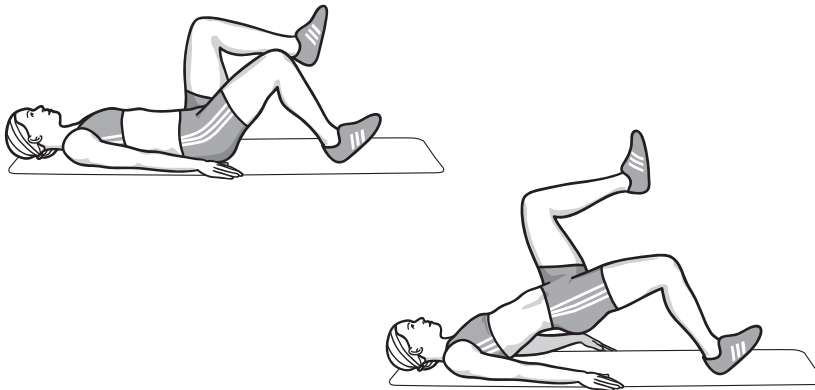
Notizen



#0374

2

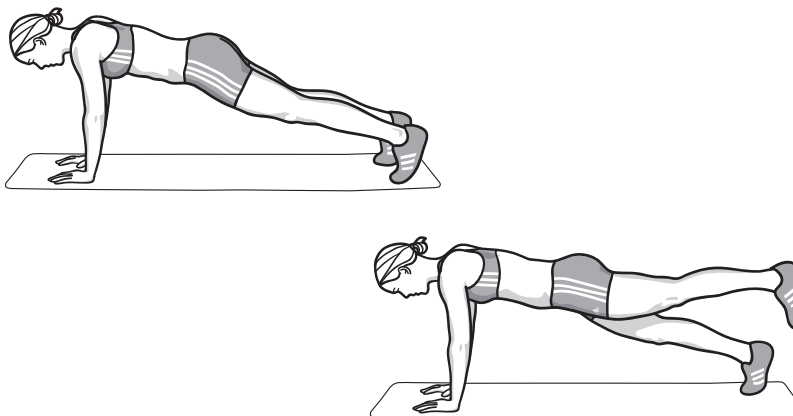
Notizen



#1158

3

Notizen

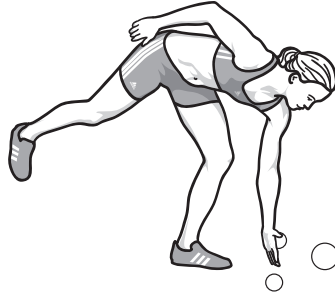
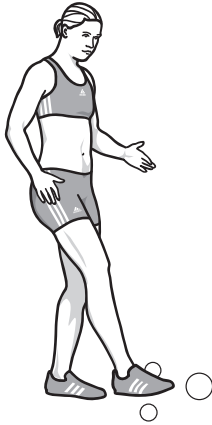


#1162

Übungen zur dynamischen Rumpfkontrolle: Balance halten - Rücken stärken!

1

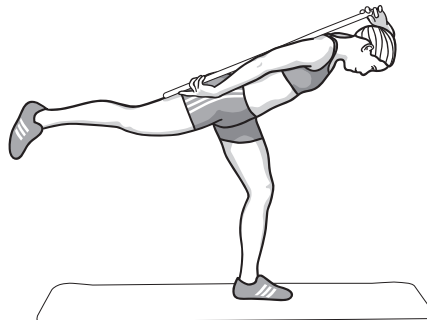
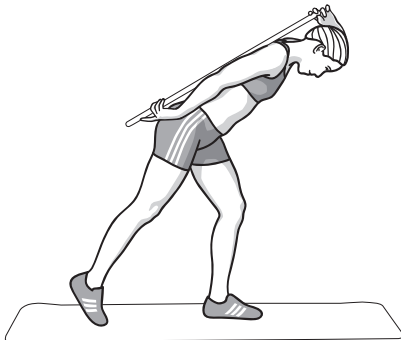
Notizen



#1257

2

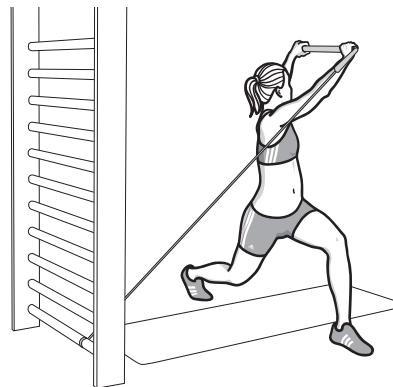
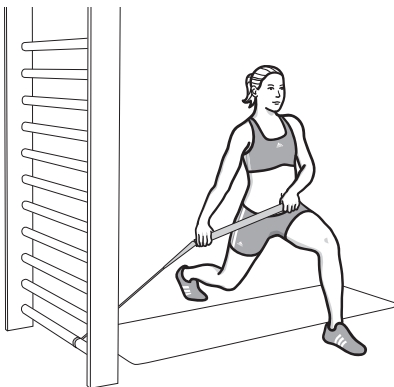
Notizen



#1223

3

Notizen



#3339