

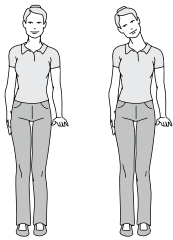
# AKTIV AM ARBEITSPLATZ

Oberkörper

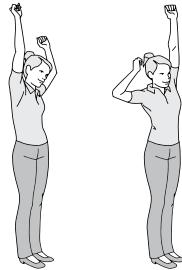


movement24  
Betriebliches Gesundheitsmanagement

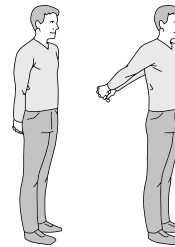
**NACKENDEHNUNG**



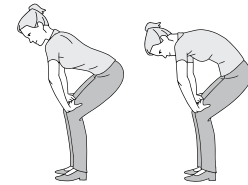
**KÖRPERSTRECKUNG**



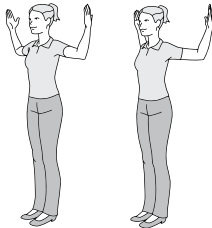
**SCHULTERMobilISATION**



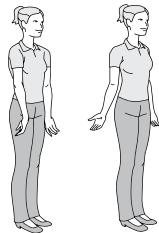
**RÜCKENMobilISATION**



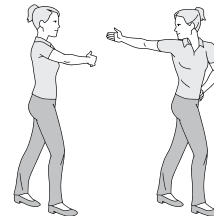
**RÜCKENKRÄFTIGUNG**



**SCHULTERMobilISATION**



**OBERKÖRPERROTATION**



**RÜCKENSTRETCH FRONTAL**

