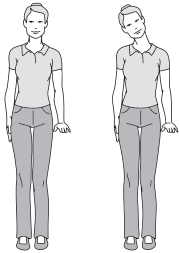


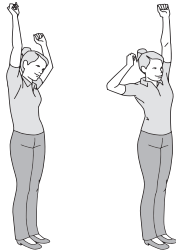
AKTIV AM ARBEITSPLATZ

Oberkörper

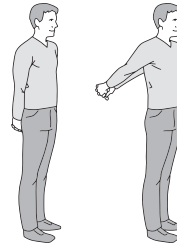
NACKENDEHNUNG



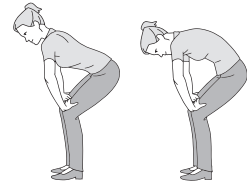
KÖRPERSTRECKUNG



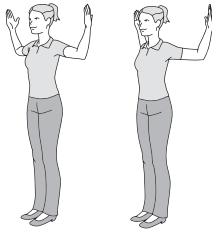
SCHULTERMobilISATION



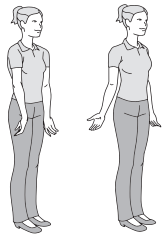
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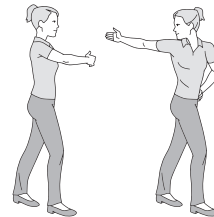
RÜCKENKRÄFTIGUNG



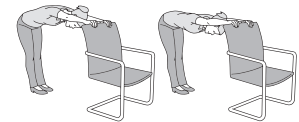
SCHULTERMobilisation



OBERKÖRPERROTATION



RÜCKENSTRETCH FRONTAL



ANWENDUNG: Statische Übungen für ca. 30 - 60 Sekunden halten.
Dynamische Übungen 5 - 10x ausführen.