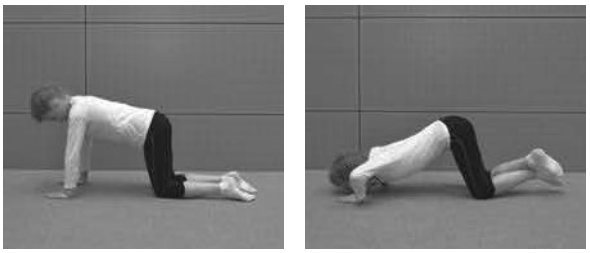
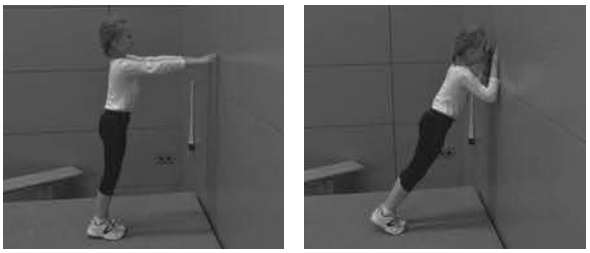
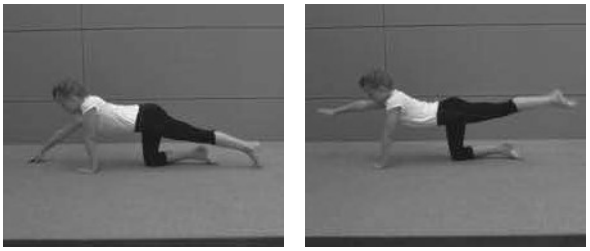
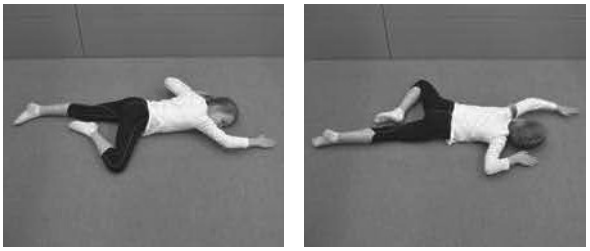
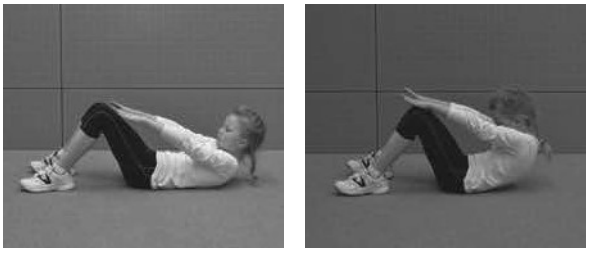
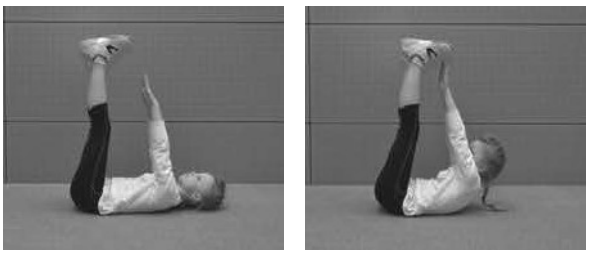
KV Beispiele für Stabilisierungs- und Kräftigungsübungen

Schultergürtel  Knieliegestütz	**Schultergürtel**  Wandliegestütz
Rücken  Bank	**Rücken**  Salamander
Bauch  Aufrollen	**Bauch** Käfer
Bauch  Aufzug	**Oberschenkel** Schritt – Kniebeuge
Oberschenkel Knieheber	**Oberschenkel** Kniebeuge
Wade Fersenheber	

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