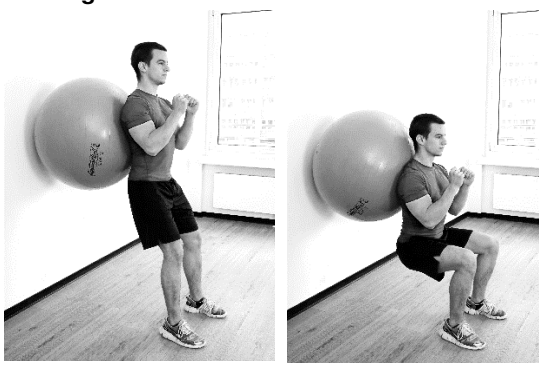
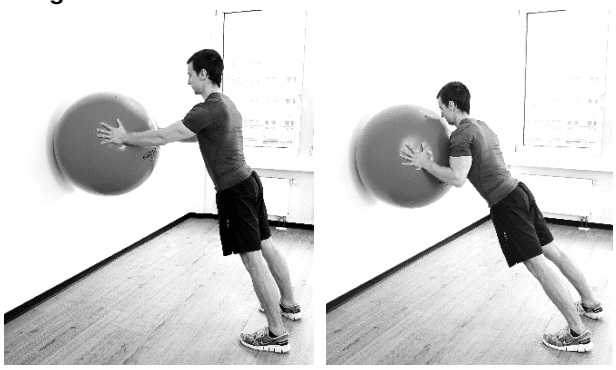
Pezziball

Rückenzentrum
Am Markgrafenpark
TAGESKLINIK | PRAXEN | PRÄVENTION

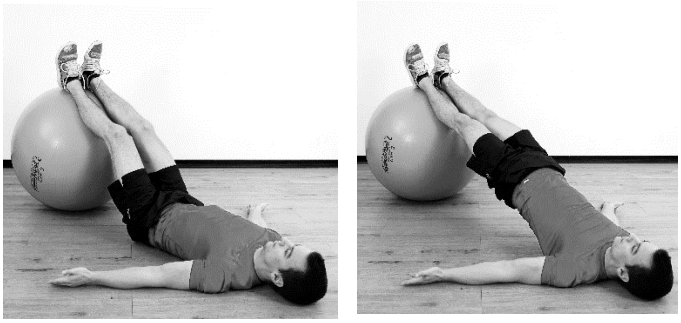
① Kniebeuge



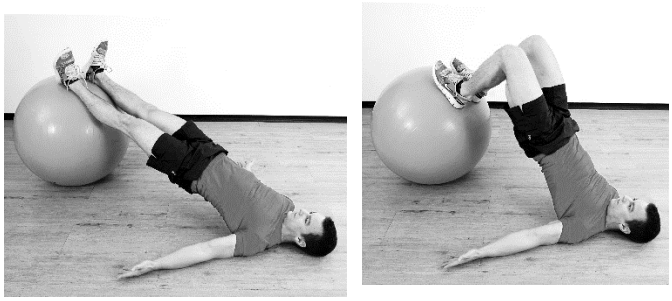
② Liegestütze I



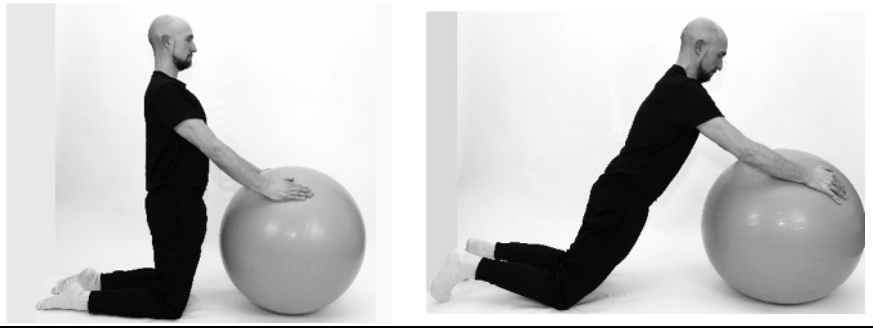
③ Brücke



④ Beine beugen (Fersen zum Gesäß)



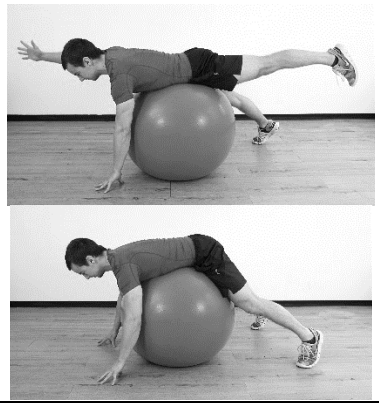
⑤ Bauchkette



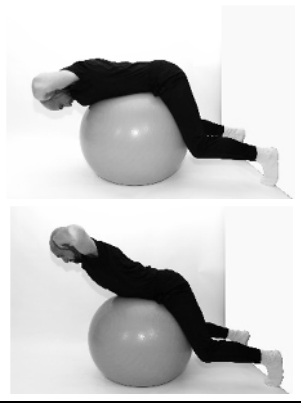
Steigerung:



⑥ Rumpfstrecken diagonal



⑦ Rückenstrecken



Pezziball

⑧ Frosch



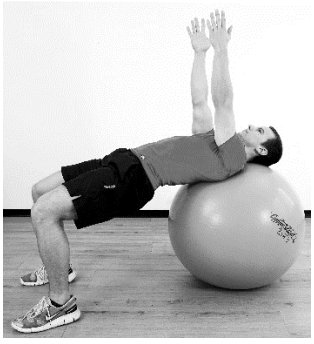
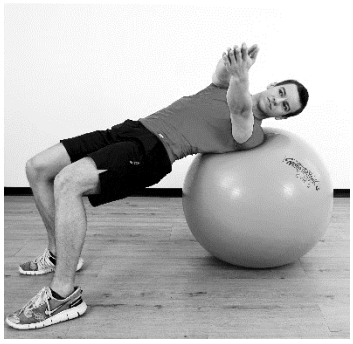

⑨ Rumpfrotation über das Becken




⑩ Liegestütz II




⑪ Rumpfrotation über den Brustkorb

⑫ Seitneigen




⑬ Stütz dynamisch




Steigerung (mit Drehung)

