Resistance Band - HWS

Rückenzentrum
Am Markgrafenpark
Tagesklinik | Praxen | Prävention

① HWS Stabilität vorn



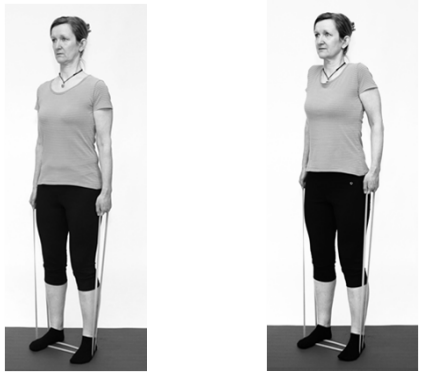
② HWS Stabilität hinten



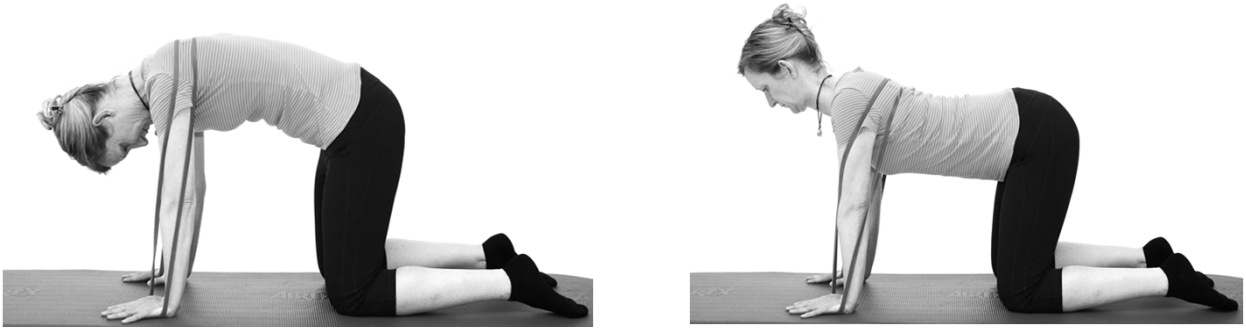
③ HWS Drehen



④ Schultergürtel



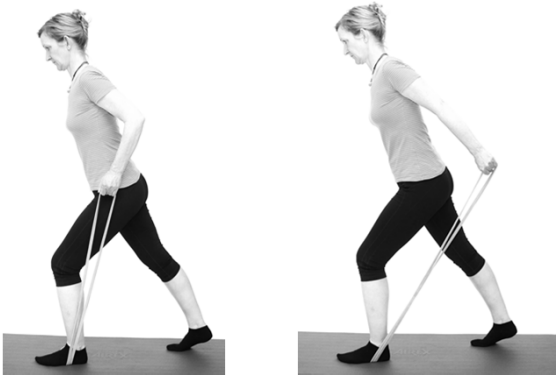
⑤ Katzenbuckel



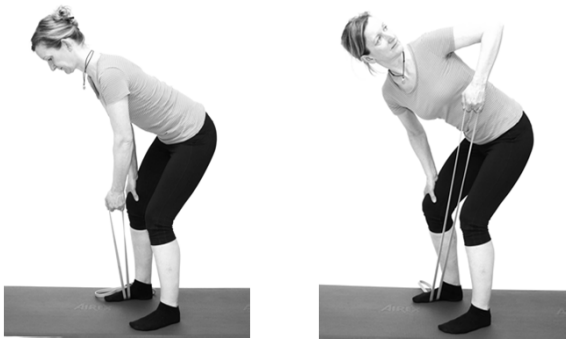
Resistance Band - Arme

Rückenzentrum
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① Arm strecken



② Rasenmäher



③ Windmühle



④ Butterfly



⑤ Butterfly reverse

