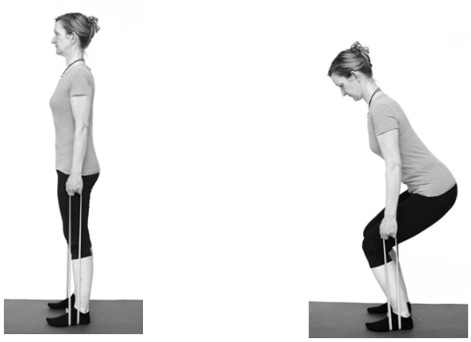
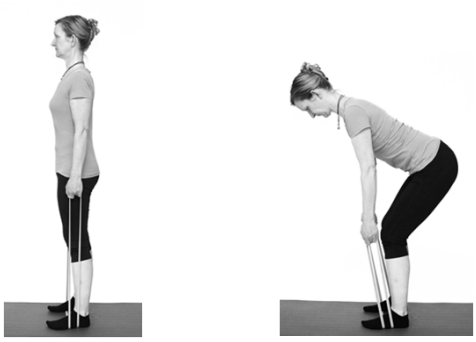
Resistance Band - Beine

Rückenzentrum
Am Markgrafenpark
Tagesklinik | Praxen | Prävention

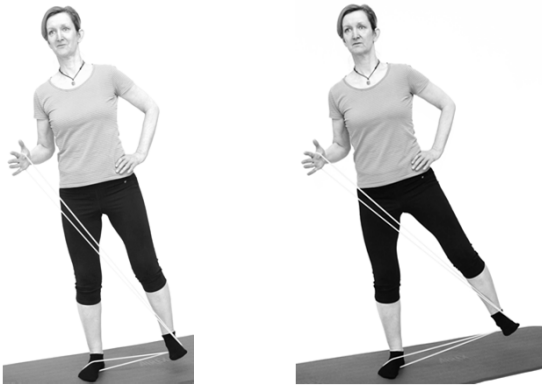
① Kniebeuge



② Kreuzheben



③ Einbeinstand



④ Standwaage



⑤ Hüftstrecken



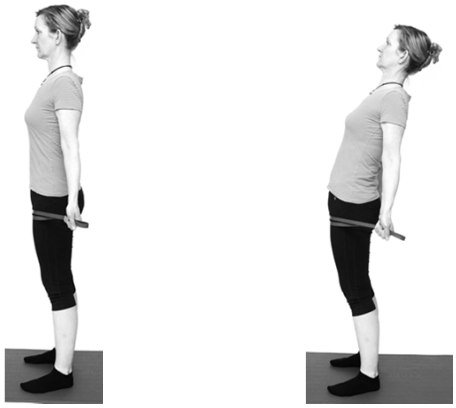
⑥ Die kleine Diagonale



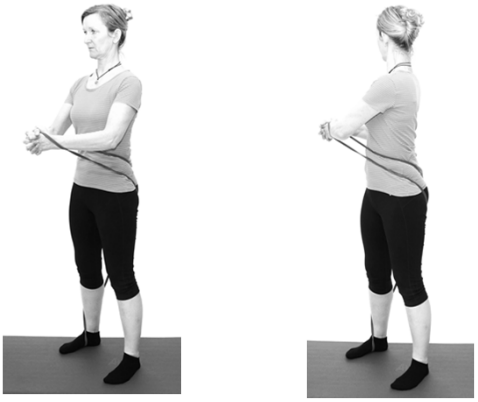
Resistance Band - Rumpf

Rückenzentrum
Am Markgrafenpark
Tagesklinik | Praxen | Prävention

① Strecken



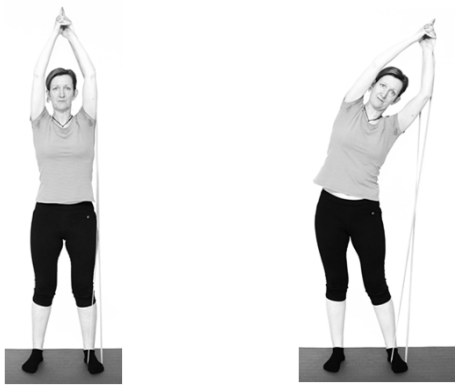
② Drehen



③ Seitbeugen I



④ Seitbeugen II



⑤ Die große Diagonale



⑥ Langsitz

