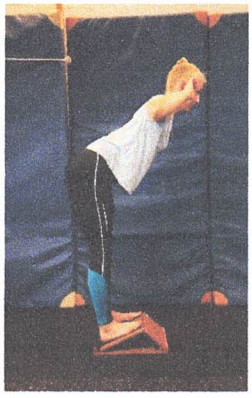
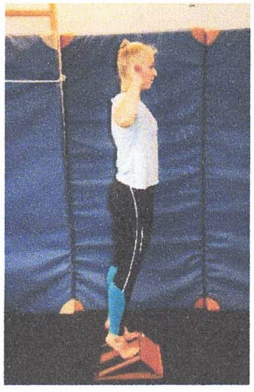
Spezielle Übungsbeispiele für „Speedy-Thera 4Fit“

1. „Guten Morgen“

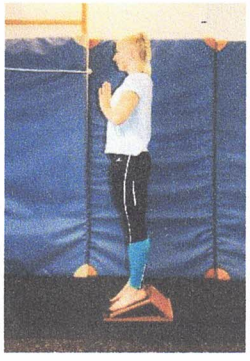
Aus der Körpervorlage durch Hüftstrecken in den Zehenstand

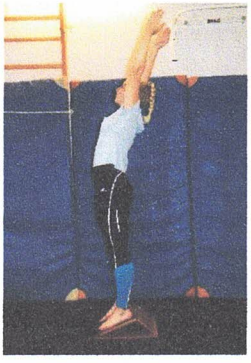




2. „Sonnengruß“ - 1

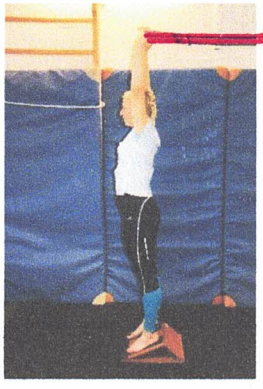
Talübung – Hüfte fixieren.
Nicht ins Hohlkreuz gehen.

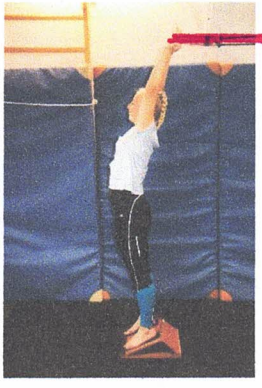


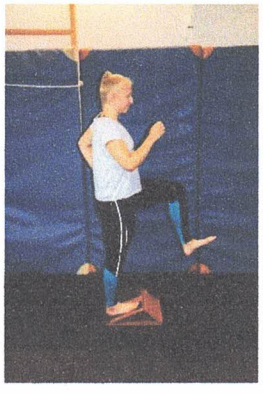


3. „Sonnengruß“ - 2

Leichter Zug von hinten durch ‚Tubing blau‘.





4. „Einbeinstand“ (Stabilisation)

Aufrecht stehen, auf Dorsalflexion achten! Wechsel in den Zehenstand (Mobilisation)