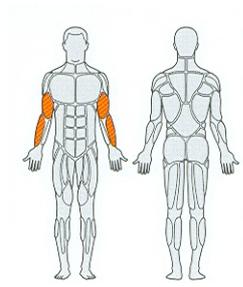


Handgelenkmuskulatur



Armbeuger und Unterarmmuskulatur

M. biceps



1.)

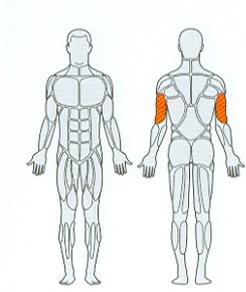


2.)



Armstreckers

M. triceps



1.)



2.)



3.)

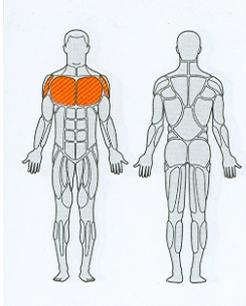


Schulterbereich

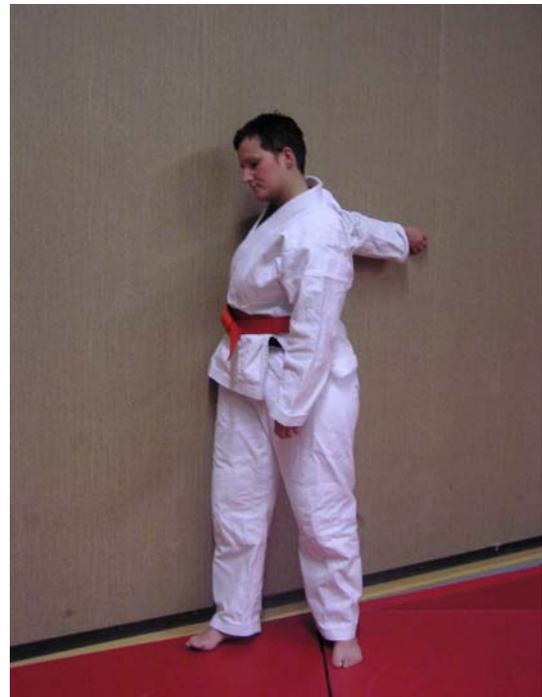


Brustmuskulatur

Gr. Brustmuskel



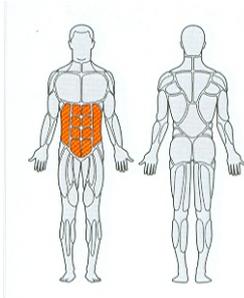
1.)



2.)



Bauchmuskulatur

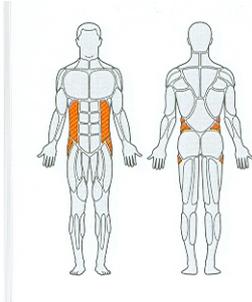


Gerade Bauchmuskulatur



Seitliche Rumpfmuskulatur

Schräge Bauchmuskeln + kurze, tiefe u. lange Rückenmuskeln



1.)



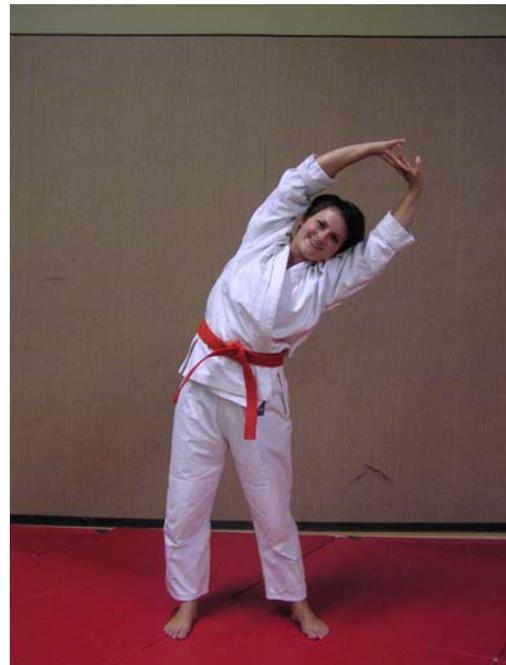
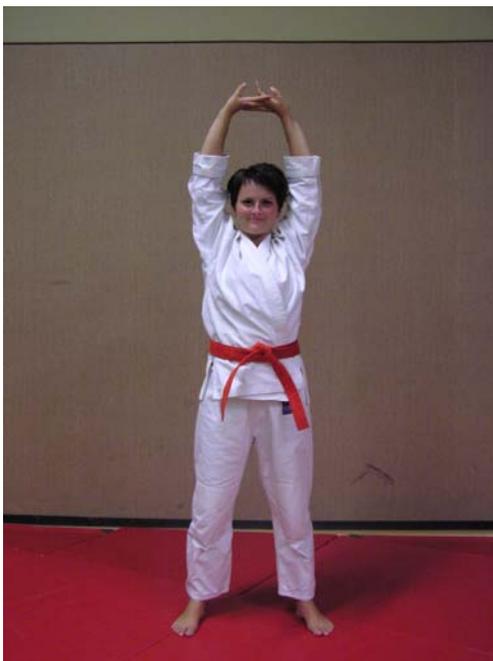
2.)



3.)



4.)



5.)

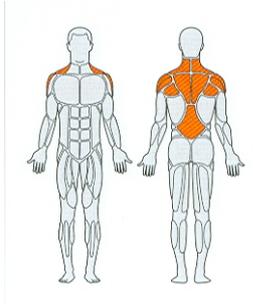


6.)



Obere Rückenmuskulatur

Breiter Rückenmuskel (m- latissimus) u. a.



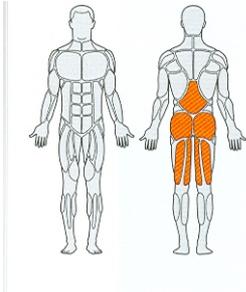
1.)



2.)



Untere Rückenmuskulatur



1.)



2.)



Ganzkörperdehnung /Verlängerungsdehnung

1.)



2.)

