

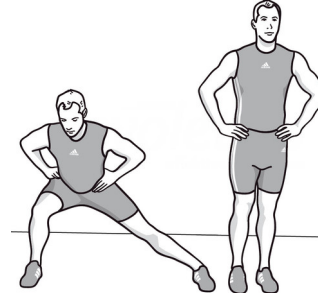
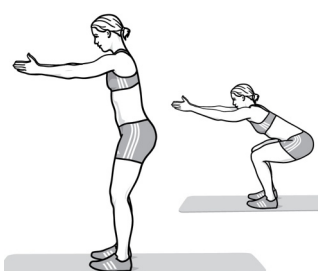

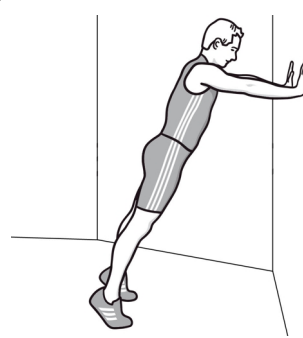
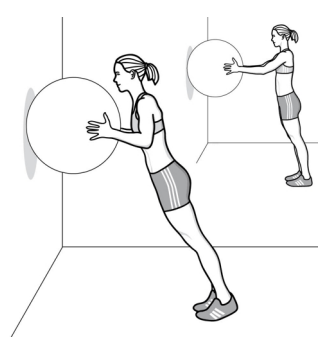
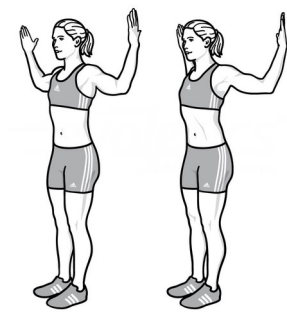
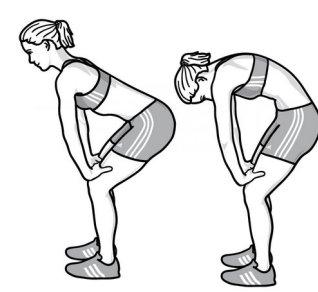
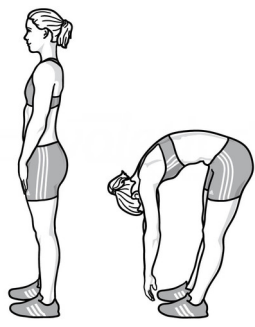
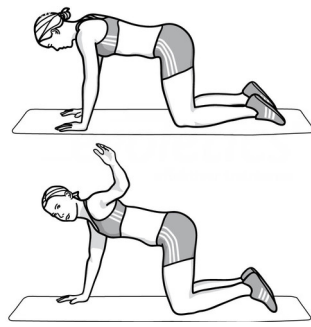
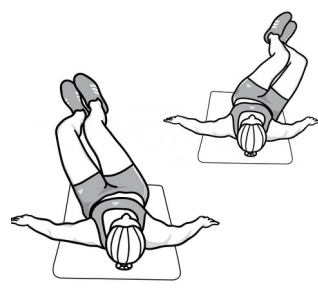
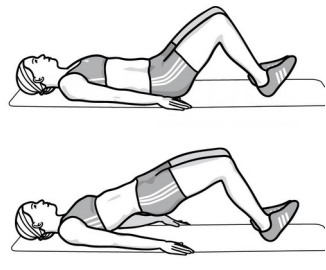
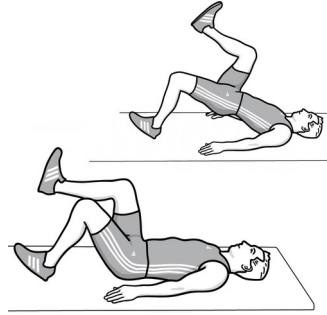


<p><b>1 Fußgelenksarbeit-beidbeinig-S...</b></p>  <p>5499</p>	<p><b>2 Diagonal Marching-beidbeinig-...</b></p>  <p>5500</p>	<p><b>3 Ausfallschritt seitlich Stand</b></p>  <p>3286</p>
<p><u>Notiz</u></p>	<p><u>Notiz</u></p>	<p><u>Notiz</u></p>
<p><b>4 Kniebeuge - beidbeinig</b></p>  <p>5819</p>	<p><b>5 Kniebeugeposition mit alterni...</b></p>  <p>5894</p>	<p><b>6 Zehenstand - beidbeinig - Wand</b></p>  <p>4913</p>
<p><u>Notiz</u></p>	<p><u>Notiz</u></p>	<p><u>Notiz</u></p>
<p><b>7 Liegestütz stehend - beidarmi...</b></p>  <p>5737</p>	<p><b>8 Dehnung (stat.) - Brustmuskul...</b></p>  <p>25665</p>	<p><b>9 Mobilisation BWS Stand</b></p>  <p>2573</p>
<p><u>Notiz</u></p>	<p><u>Notiz</u></p>	<p><u>Notiz</u></p>

<p><b>10 Dehnung hinterer Oberschenkel...</b></p>  <p style="text-align: right;">2580</p>	<p><b>11 Reverse Flies Bankstellung</b></p>  <p style="text-align: right;">1166</p>	<p><b>12 Mobilisation LWS Rückenlage</b></p>  <p style="text-align: right;">5510</p>
<p><u>Notiz</u></p>	<p><u>Notiz</u></p>	<p><u>Notiz</u></p>
<p><b>13 Brücke beidbeinig Rückenlage</b></p>  <p style="text-align: right;">1156</p>	<p><b>14 Beckenlift einbeinig Rückenlage</b></p>  <p style="text-align: right;">3228</p>	
<p><u>Notiz</u></p>	<p><u>Notiz</u></p>	