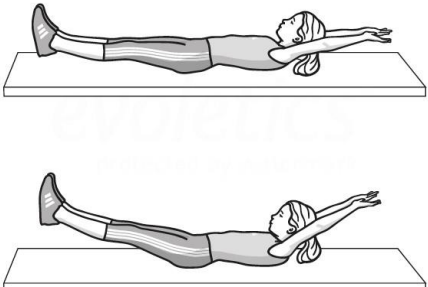


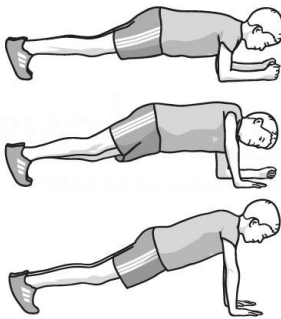
# Stabilisation Rumpfmuskulatur

**1 Schiffchen**



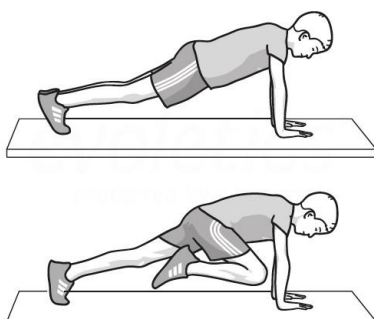
#9570

**2 Plank Liegestütze**



#9579

**3 Bergsteiger**



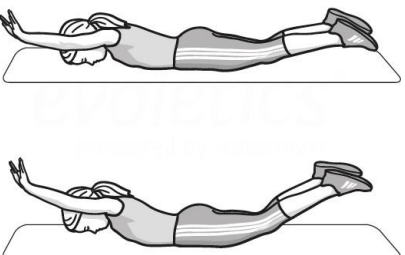
#9571

**4 Klappmessersprünge**



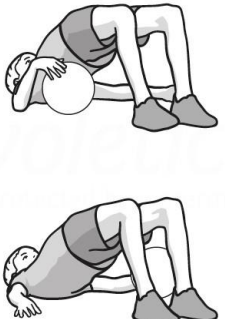
#9581

**5 Superman**



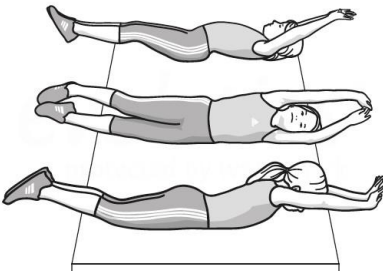
#9582

**6 Kreisverkehr (Ball kreisen)**



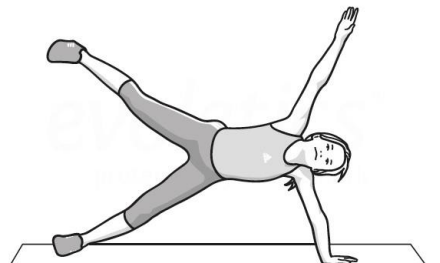
#9617

**7 Supermanrolle**



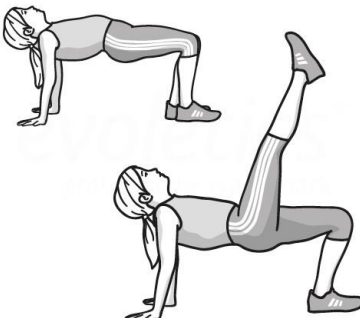
#9595

**8 Seestern**



#9592

**9 Krabbenkicks**



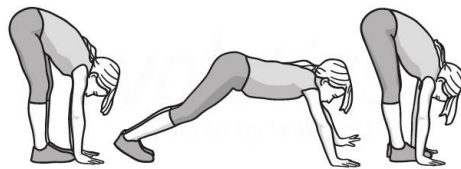
#9605

**10 Skorpion**




#9616

**11 Raupe**



#9646

**12 Krokodil**



#9643