

Gerader Rücken

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#4996



Herabschauender Hund

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#4997



Hohe Planke

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#4998



Taube - statisch

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#5085



Eidechse - statisch

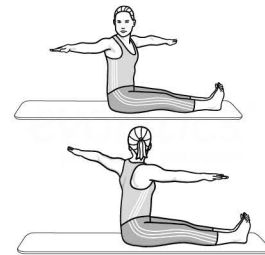
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#5104



Wirbelsäulentwist - Pilates

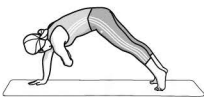
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#6026



Pilates 46

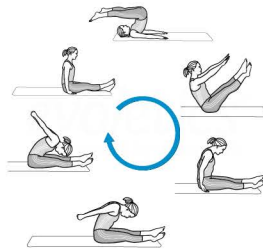
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#6045



Pilates 48

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#6047



Taube - statisch

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#5103



Strecksitz

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#1307



Hürdensitz

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#1308



Mobilisation Wirbelsäule - Schneidersitz

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#1309



Dehnung Gesäß (Gluteen)

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#1318



Sonnengruß

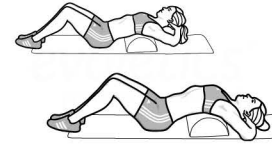
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#6498



Dehnung BWS Rückenlage

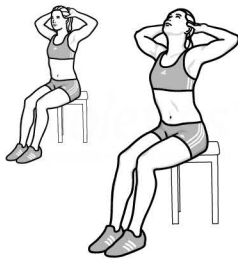
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#1092



Dehnung Wirbelsäule - Hocker

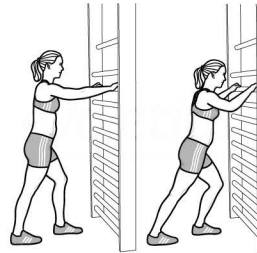
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#1126



Dehnung Wadenmuskulatur Schrittstellung

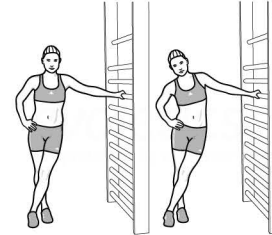
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#1074



Dehnung tensor fasciae latae Stand

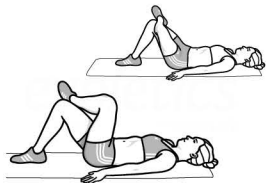
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#1082



Dehnung (stat.) - Gesäß/Piriformis

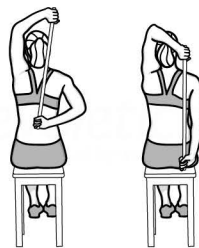
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#1083



Dehnung hinterer Oberarm Sitz

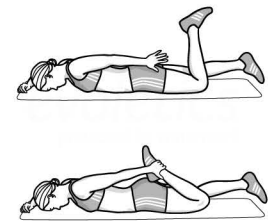
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#1102



Dehnung Oberschenkel Vorderseite

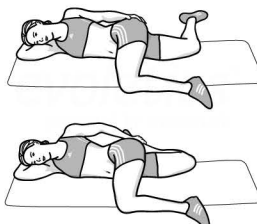
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#1129



Dehnung Hüftbeuger Oberschenkel vorne

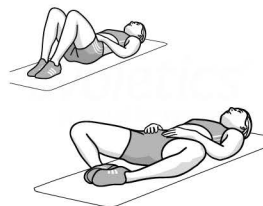
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#1130



Dehnung Adduktoren Rückenlage

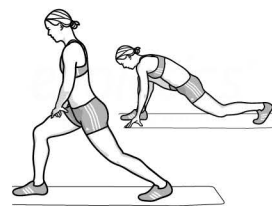
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#1154



Dehnung Lenden-Darmbeinmuskel

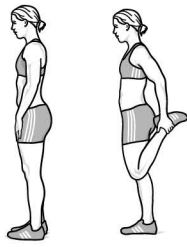
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#1201



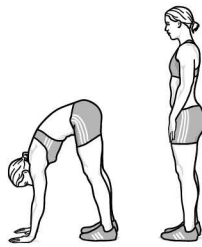
Dehnung Oberschenkelvorderseite

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#1207



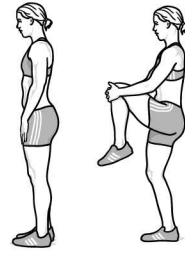
Dehnung Oberschenkelrückseite Stand

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#1208



Dehnung Hüftstrecker Einbeinstand

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#1210



Dehnung Gesäß (Gluteen)

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#1318



Dehnung Brust Schrittstellung

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#2552



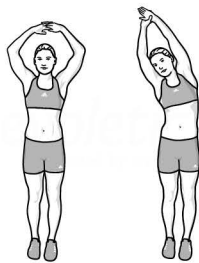
Dehnung Oberschenkel Rückseite

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#2560



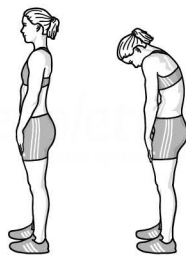
Dehnung Latissimus - Lateralflexion

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#2568



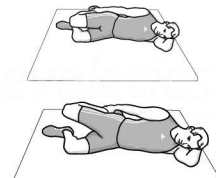
Dehnung Schulter-Nacken (Rotatoren)

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#2572



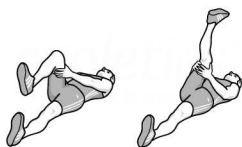
Dehnung Quadrizeps femoris-einseitig

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#3015



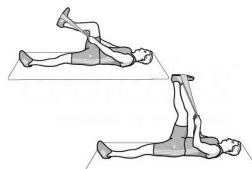
Dehnung hinterer Oberschenkel-einseitig

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#3012



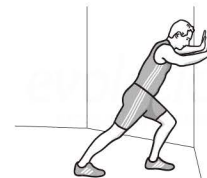
Dehnung Oberschenkel Rückseite

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#3020



Dehnung Wade-einseitig-Wand

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#3029



Dehnung Gesäß - Hüftstrecker-einbeinig

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#4974



Dehnung Triceps - Mobilisation Schulte

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#4973

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