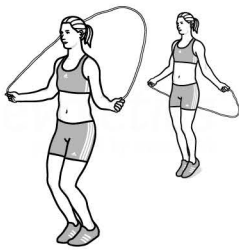


Stabilitraining

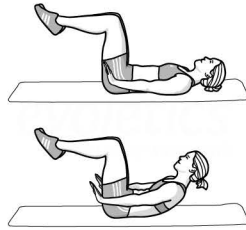


Deutscher Behindertensportverband e.V.
National Paralympic Committee Germany



Warm Up Seilspringen

#5497



Crunch - gerade - Füße frei

#0306



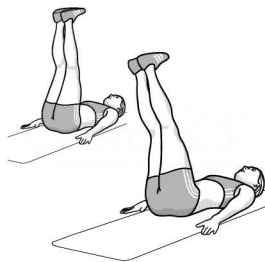
Hyperextension - mit Kopfdrehung

#1142



Seitstütz (langer Hebel) Bein abduzieren

#0372



Rumpf Rotation Rückenlage

#0346



Crunch - schräg Füße abgestellt

#0334



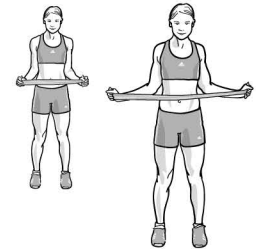
Arm und Beinheben - Bankstellung

#0272



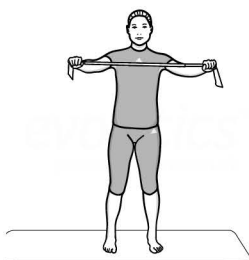
Hüftstreckung Bankstellung

#1171



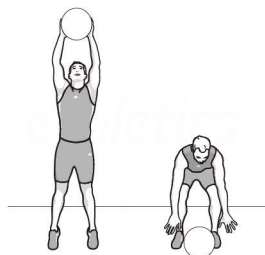
Außenrotation Schulter - beidarmig

#2506



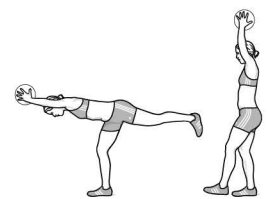
Schwangerschaft

#4712



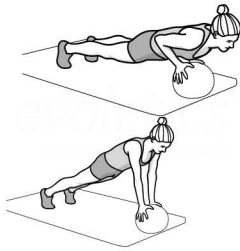
Überkopfsalm-beidarmig-Ball-Stand

#3130



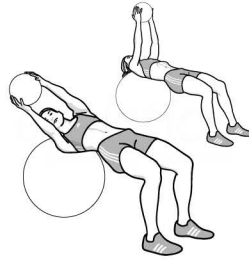
Standwaage mit Ball

#1421



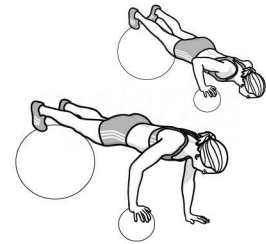
Liegestütz - beidarmig erhöht

#8558



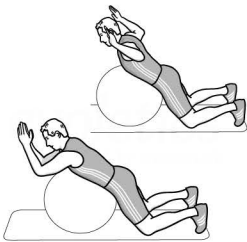
Rumpfrotation - Rückenlage - Ball

#3185



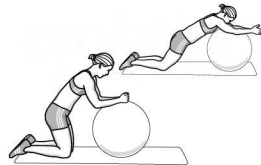
Liegestütz klassisch-beidarmig- Ball

#3567



Reverse fließ beidarmig Ball Bauchlage

#2934



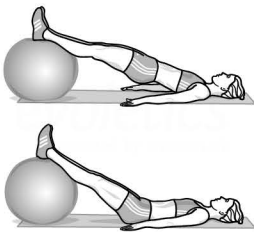
Bauchkräftigung Physioball Bankstellung

#1256



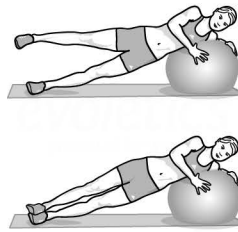
Crunch schräg Physioball Füße erhöht

#1383



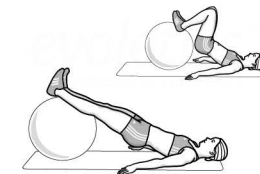
Rumpfkraftigung - Rückenlage - Physioball

#0275



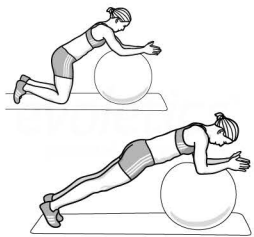
Bein abduzieren Seitlage (Schulter erhöht)

#0386



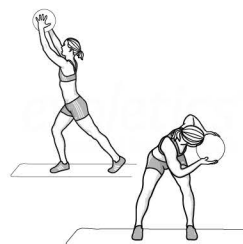
Bein Curl Physioball Rückenlage

#1378



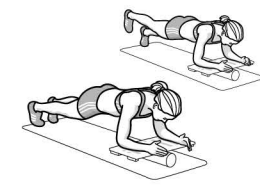
Beinstreckung Physioball Frontstütz

#1385



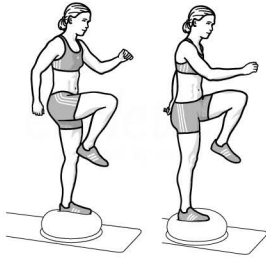
Rotation & Aufrichtung Rumpf

#1226



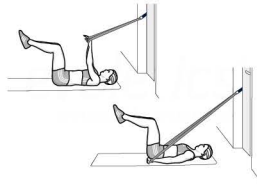
Einbeiniger Unterarmstütz- wechselseitig

#2691



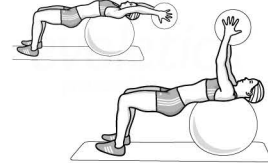
Wechselschritte Kniehub Jumper Einbeinst.

#3276



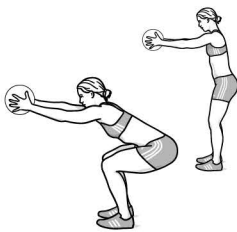
Sprung - Rechts - mit Drehung

#4784



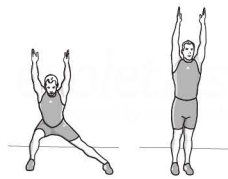
Überzug langer Hebel Physioball

#1364



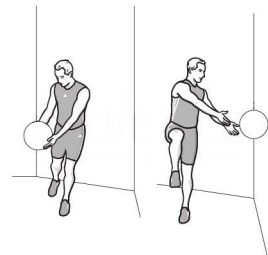
Kniebeuge - beidbeinig -

#1418



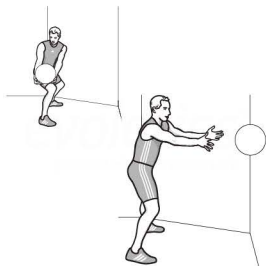
Ausfallschritt seitlich - Haltung (Arme)

#3287



Ballwurf Rotation-einseitig-Ball

#3088



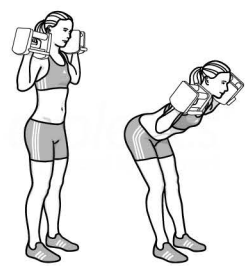
Seitwurf frontal zur Wand -beidarmig-Ball

#3133



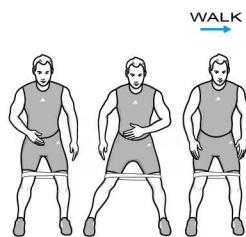
Rudern einarmig - Seilzug

#1000



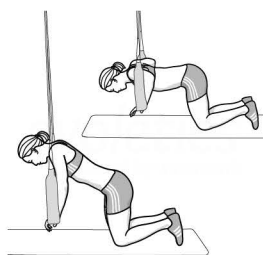
Good-mornings-beidarmig

#4008



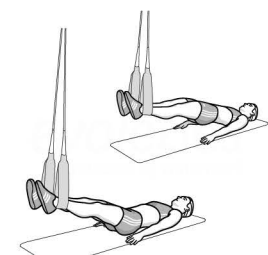
Gehen seitwärts Miniband Knie gebeugt

#3297



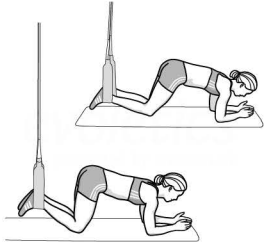
Frontstütz-beidarmig Kniestand

#3583



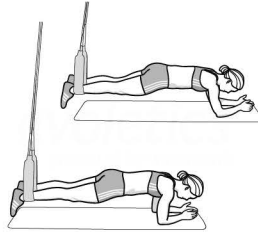
Beckenlift-beidbeinig- Schlingen

#3586



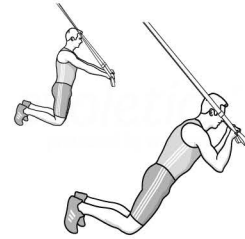
Bergsteiger-beidbeinig-Unterarmstütz

#3602



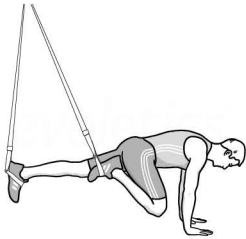
Unterarmstütz (dynam.)- Unterarmstütz

#3603



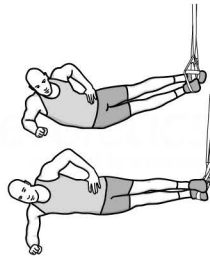
Trizepsdrücken - TRX Schlingentrainer

#5123



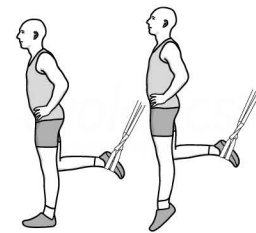
Bergsteiger - TRX Schlingentrainer

#5127



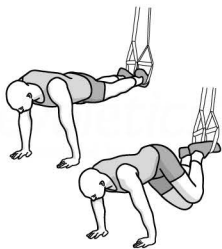
Lateralextension - Schlingentrainer

#8741



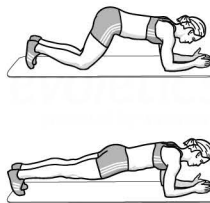
Zehenstand - einbeinig - Schlingentrainer

#8742



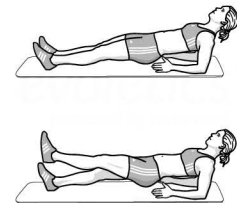
Frontstütz anhocken seitlich Schlingen

#8736



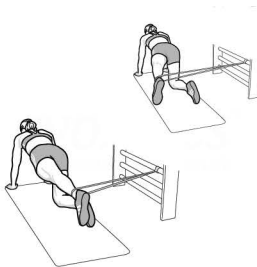
Frontstütz (kurzer Hebel) Beine strecken

#0366



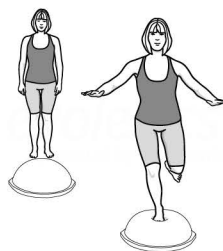
Unterarmstütz rücllings Beinheben

#0360



Bein Abduktion Thera-Band Bankposition

#0523



Einbeinlandung auf Balance Trainer

#8051