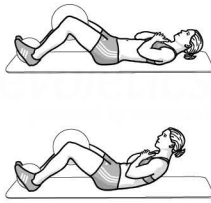


Kraftübungen für SitzerInnen für Zuhause



Deutscher Behindertensportverband e.V.
National Paralympic Committee Germany



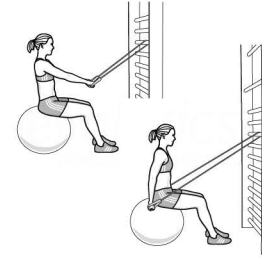
Crunch - Füße abgestellt - Airpads

#0314



Frontsenken beidarmig und Innenrotation

#0388



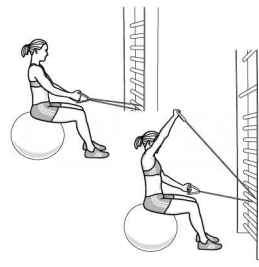
Frontsenken beidarmig und Innenrotation

#0394



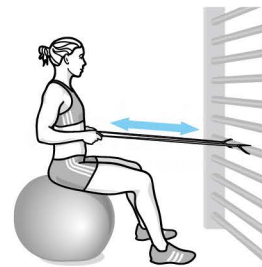
Frontheben - beidarmig - Thera-Band

#0437



Frontheben beidarmig Thera-Band Sitz

#0438



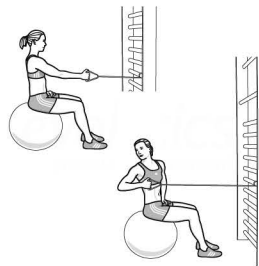
Rudern beidarmig - Thera-Band

#0446



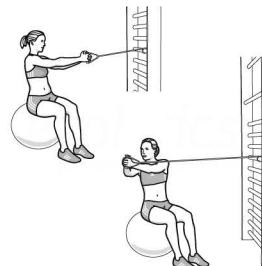
Rudern beidarmig - Thera-Band

#0447



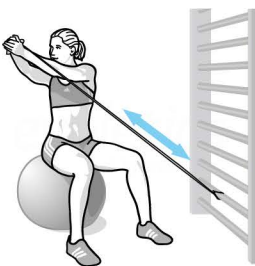
Rudern einarmig Thera-Band Sitz

#0450



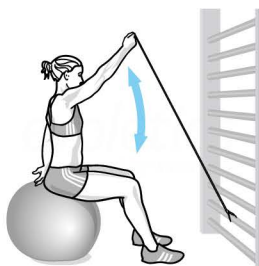
Rumpf Rotation - Thera-Band

#0606



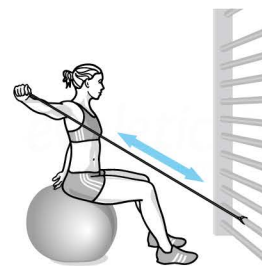
Lift - Thera-Band

#0651



Frontheben - einarmig - Seilzug

#0753



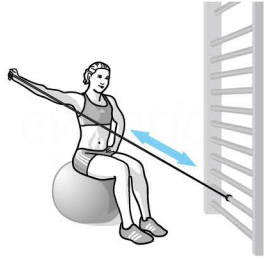
Frontheben 45° einarmig - Thera-Band

#0758

Kraftübungen für SitzerInnen für Zuhause



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National Paralympic Committee Germany



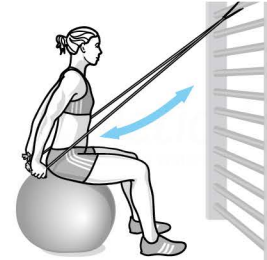
Frontheben 45° einarmig - Seilzug

#0759



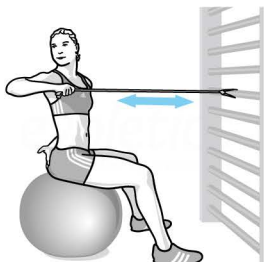
Seitheben einarmig - Thera-Band

#0766



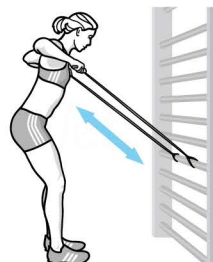
Armzug - beidarmig - Seilzug

#0831



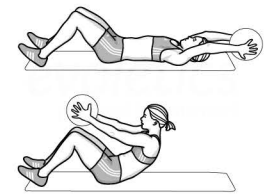
Rudern einarmig - Seilzug

#0958



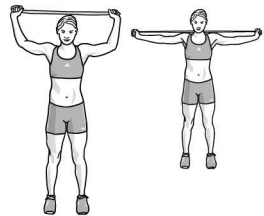
Rudern beidarmig - Seilzug

#0995



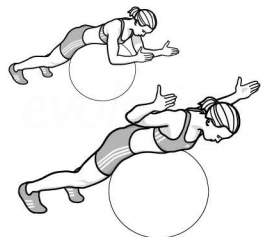
Situp Ball

#1240



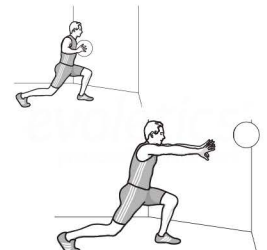
Armstrecken - beidarmig - Thera-Band

#2510



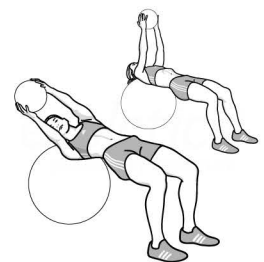
Ws beidarmig Physioball Bauchlage

#3065



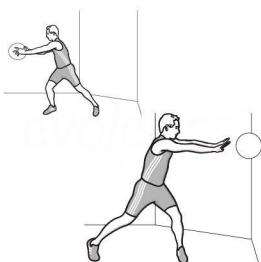
Druckpass-beidarmig-Ball-Ausfallschritt

#3131



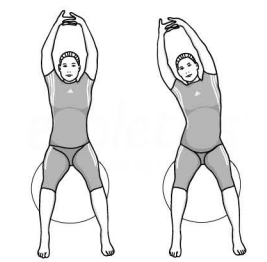
Rumpfrotation - Rückenlage - Ball

#3185



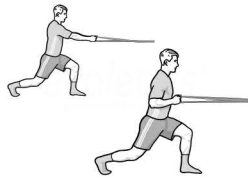
Druckpass mit Rotation - beidarmig - Ball

#3249



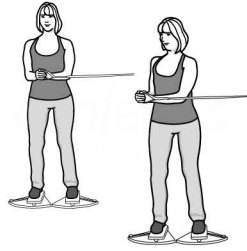
Schwangerschaft

#4644



Rudern - Asufallschritt - Resistance Band

#7457



Beidbeinstand auf wackliger Unterlage

#8042



Fauler Mistkäfer

#9597
