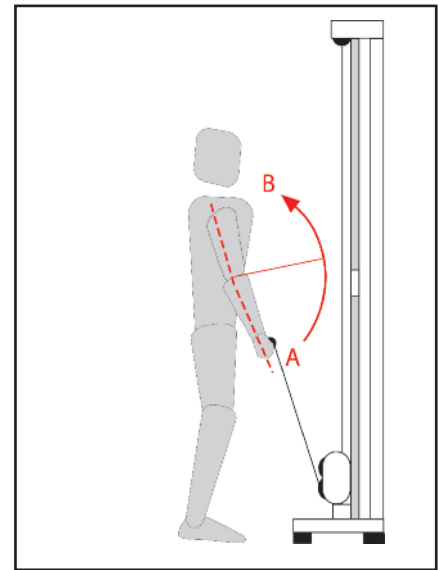
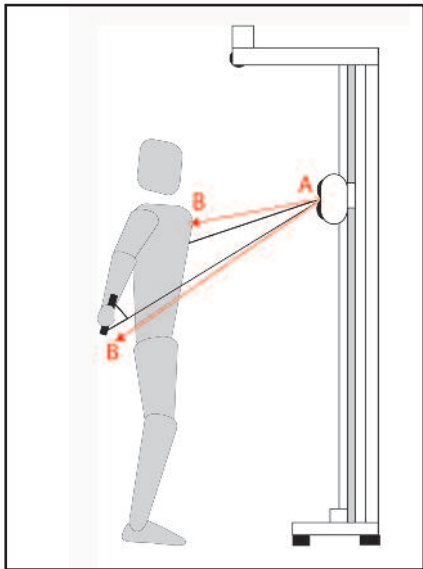


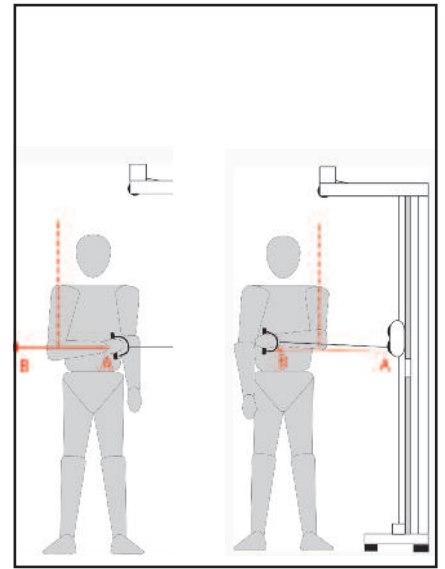
Armbereich Trizeps-Übung



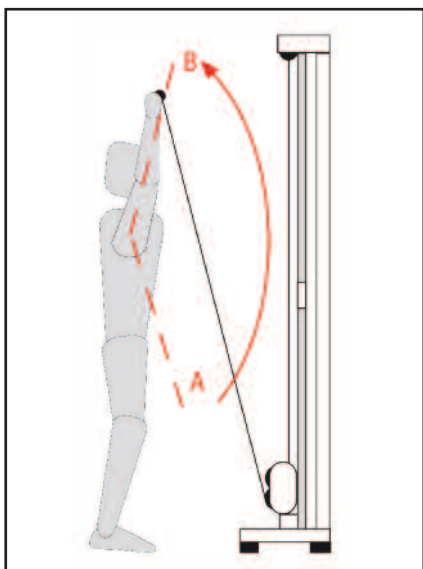
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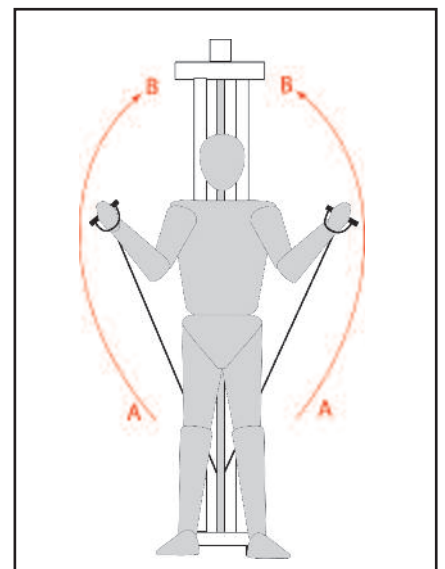
Schulterbereich Rhomboideus



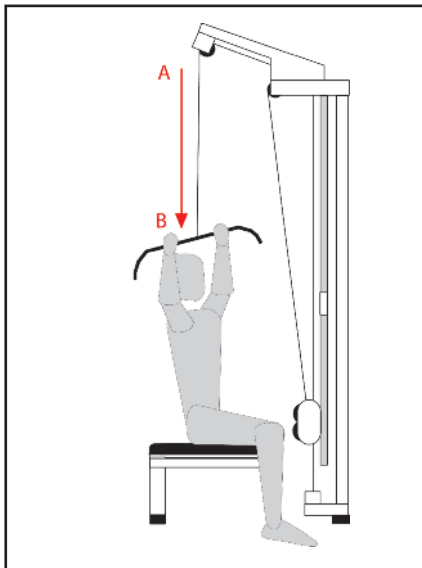
Schulter Außen-Innen-Rotation



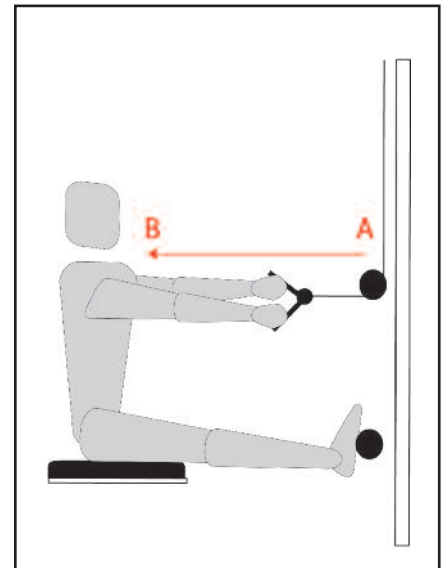
Schulter Fronthebe



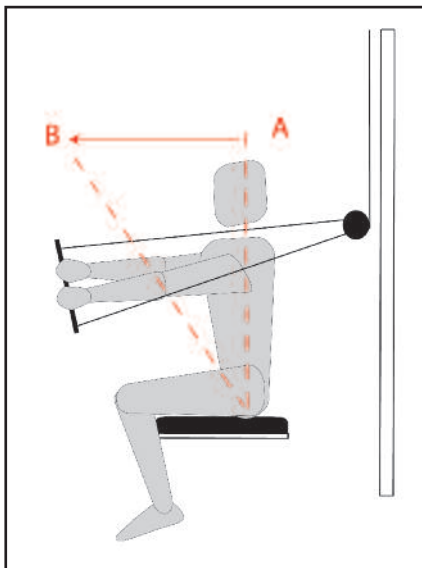
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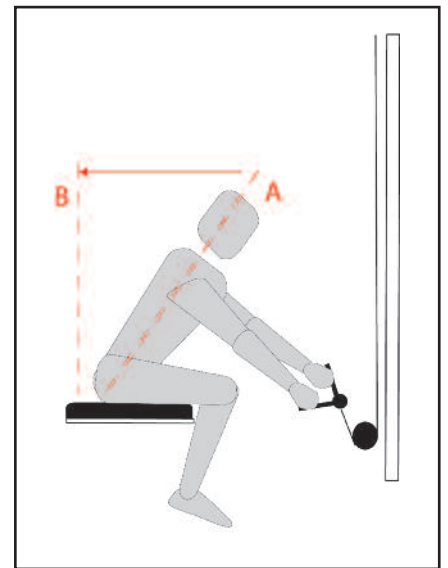
Latzug von oben



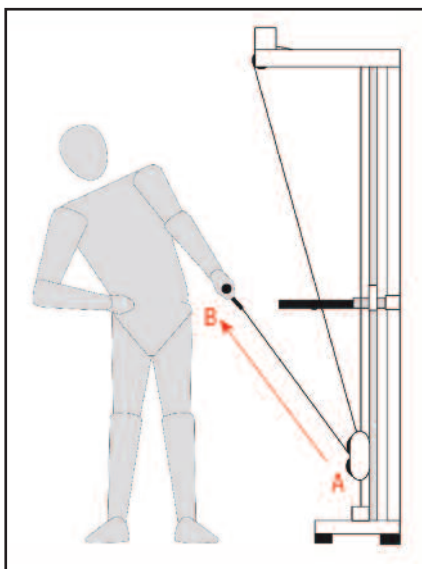
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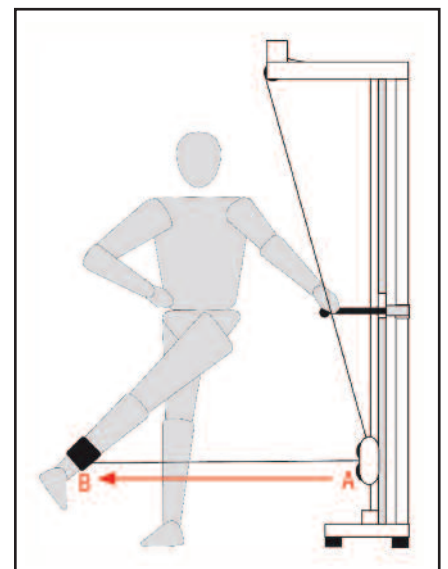
Bauch



Rückenstrecker



Hüfte-Seitneige



Hüfte-Bein Ab- und Adduktion
Flexion - Extension