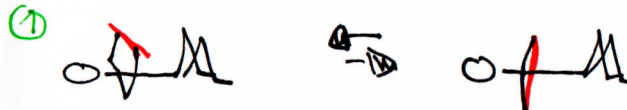

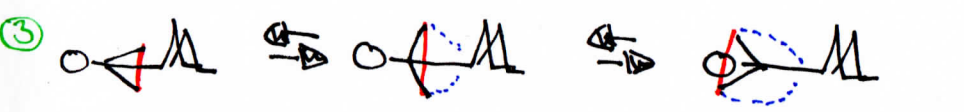

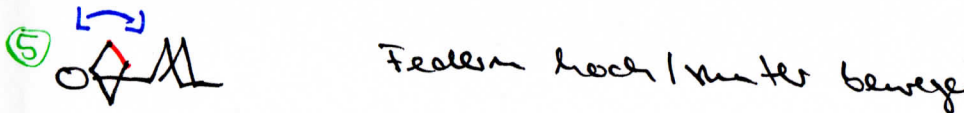
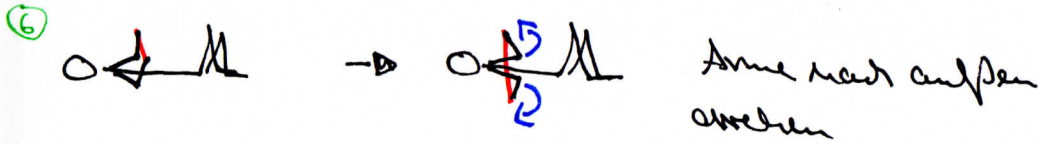


# Theraband

- ① 
- ②  re/le Arm
- ③ 
- ④  Federn
- ⑤  Federn hoch/unter bewegen
- ⑥  Arme nach außen abheben

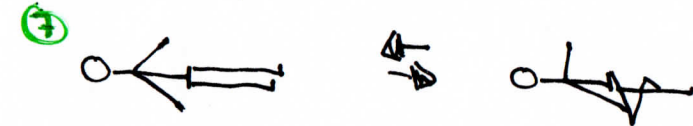
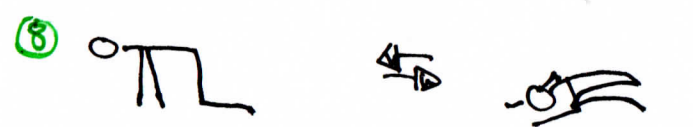


## Grundspannung:



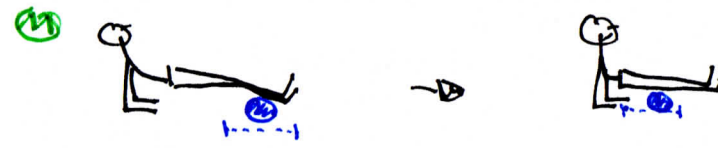
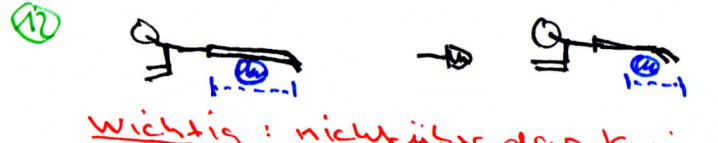

1. Ferse hochziehen
2. Ferse nach unten
3. Rücken nach unten

Theraband: gelb - rot - grün - blau - lila

# Yoga

- ⑦ 
- ⑧ 
- ⑨  Wand/Tür
- ⑩ 

## Fastienrolle

- ⑪  Ober/unter-  
Schenkel  
-hinten-
  - ⑫  Ober/unter-  
Schenkel  
-vorne-
- Wichtig: nicht über das Knie rollen
- ⑬  Rücken nach unten