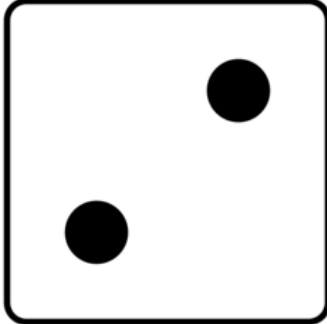
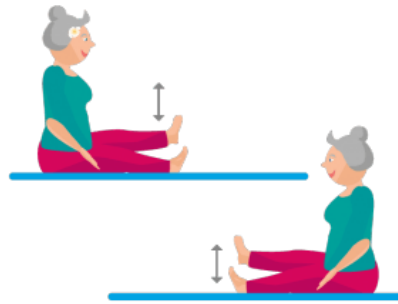
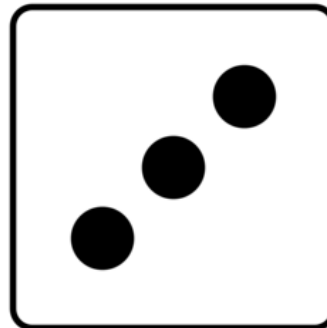
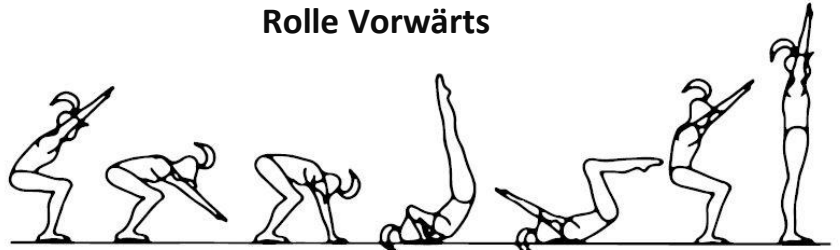


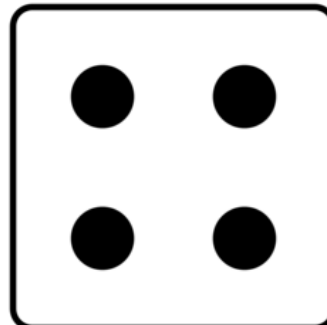
Handstand an Tür/ Wand



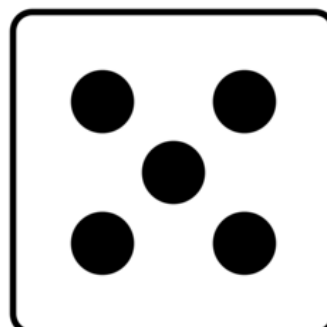
Rolle Vorwärts



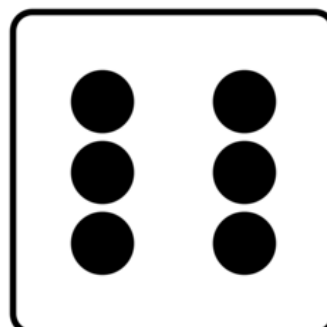
**Rechtes und
linkes Bein 3x
heben**



**Beide Beine
Heben**



**Rücken C
Schaukel**



**Bauch C
Schaukel**