





# Übungen aus der Rückenlage

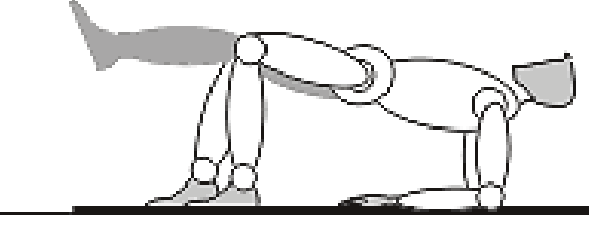
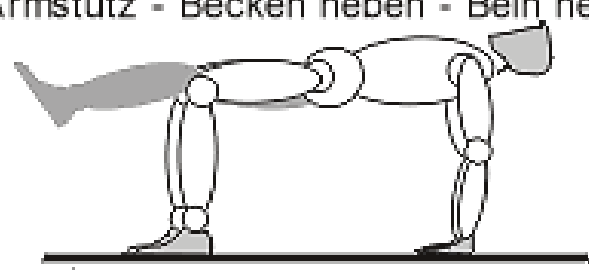
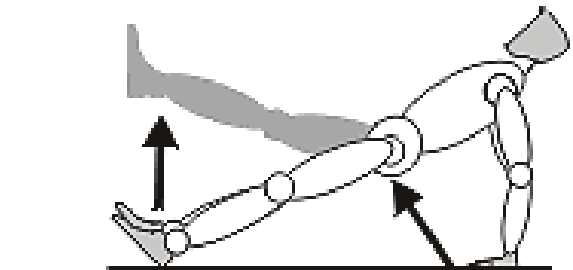
Beine abwechselnd strecken



Diagonal Arm und Bein strecken



Armstütz - Becken heben - Bein heben



Bogenstellung



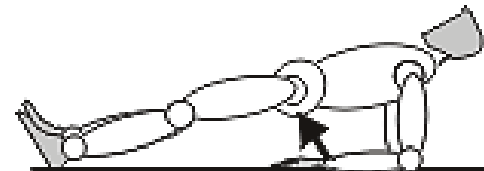
Bogenstellung und Bein heben



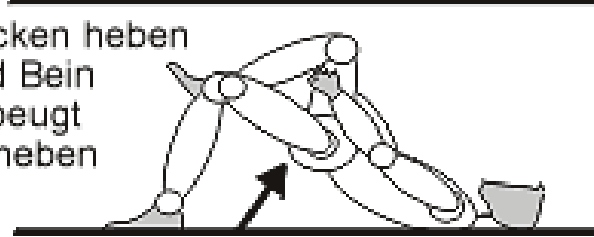
Becken heben



Ellbogenstütz - Becken heben  
Bein heben



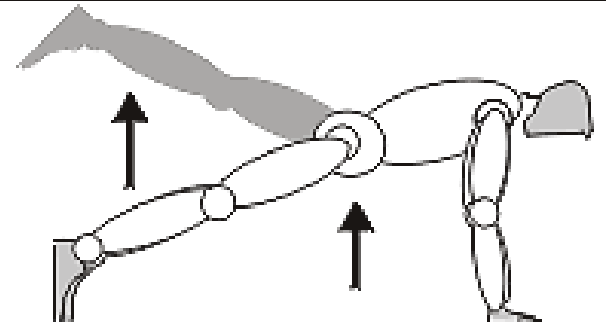
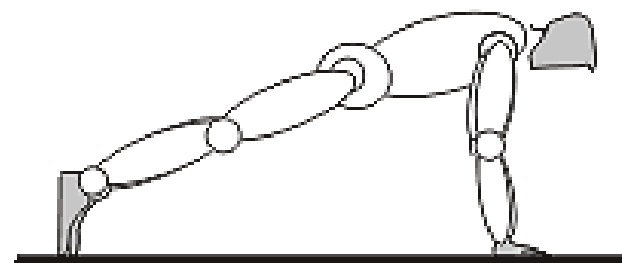
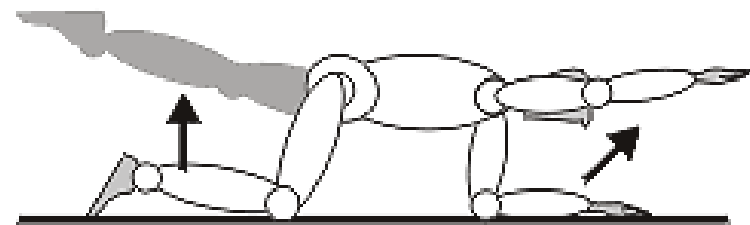
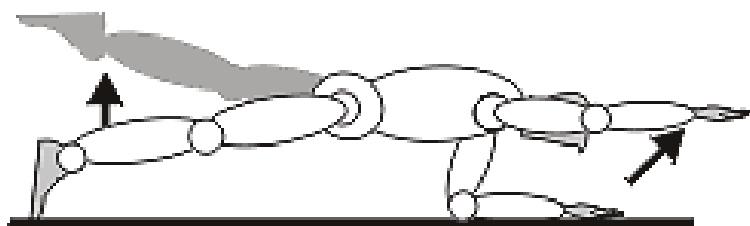
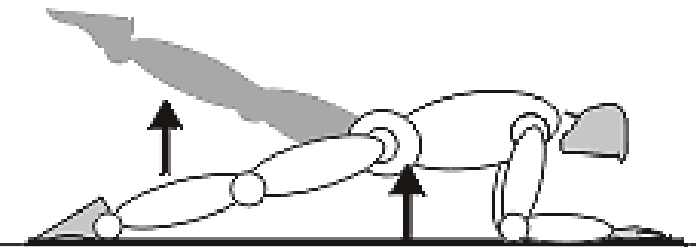
Becken heben  
und Bein  
gebeugt  
mi heben



Becken heben - Bein heben



# Übungen Bauchlage



# Übungen Seitenlage

