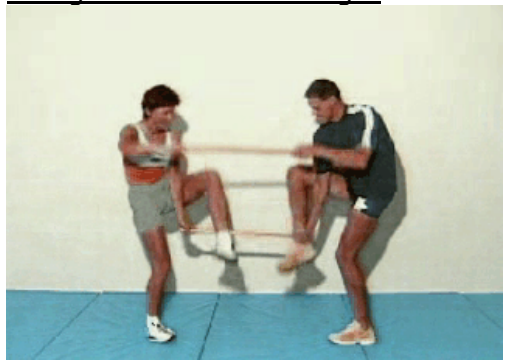
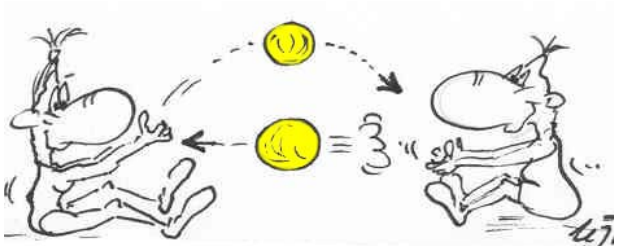
Circuit

Partner

Übung 1: Ein- und Aussteiger



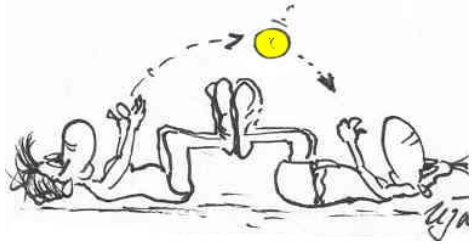
Übung 2: doppeltes Partner-**Zuspiel**



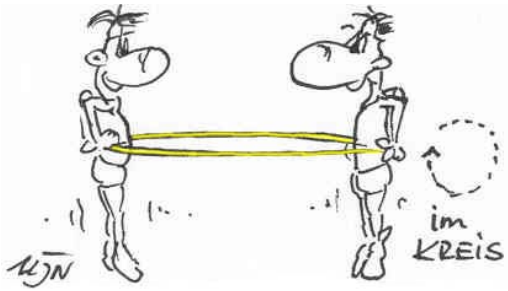
Übung 3: Ballübergabe beim Aufsprung

Übung 8: Beinschleuder

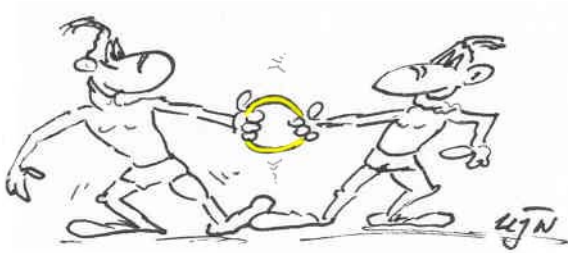
Übung 4: Partnerchrunch + Klatsch



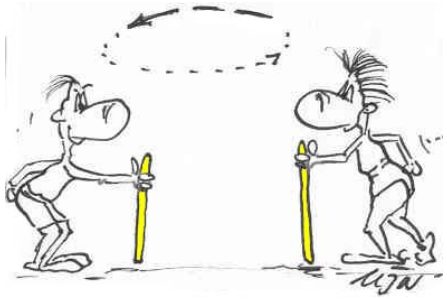
Übung 7: Kreisspringen mit Band



Übung 6: Partner Ziehkampf



Übung 5: Stäbe wechseln



Belastungskennziffern

- Übungsanzahl:
- Übungszeit:
- Pausenzeit:
- Durchgänge:

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