

Dehnübungen



Erwärmung



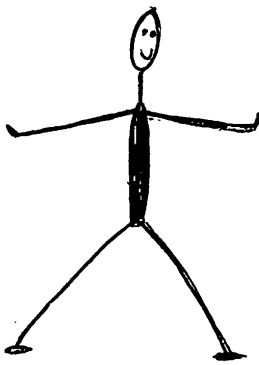
Hopserlauf



Sprungschritt



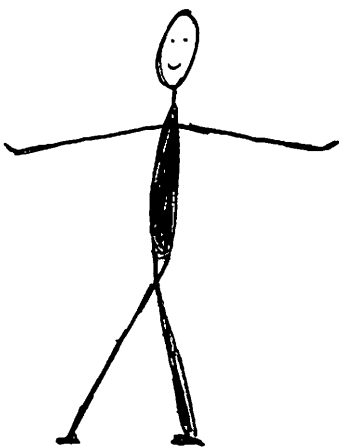
Skippings



Sidesteps



Anfersen



Kreuzschritte



Kniehebellauf