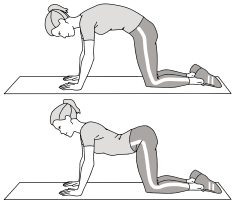
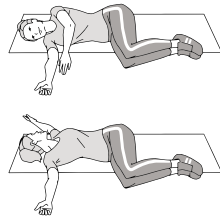


MORGENROUTINE

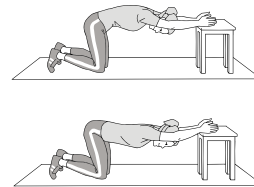
**WIRBELSÄULEN-
MOBILISATION**



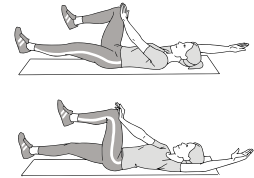
**MOBILISATION
BRUSTWIRBELSÄULE**



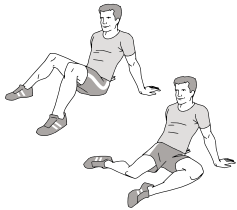
**SCHULTER-
MOBILISATION**



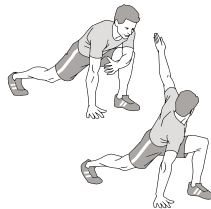
RUMPFKRÄFTIGUNG



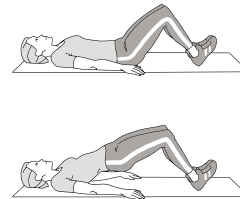
HÜFTMOBILISATION



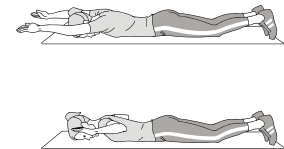
**AUSFALLSCHRITT MIT
ROTATION**



GESÄSSAKTIVIERUNG



RÜCKENKRÄFTIGUNG



ANWENDUNG: Übungen 5 - 10x (pro Seite) ausführen.