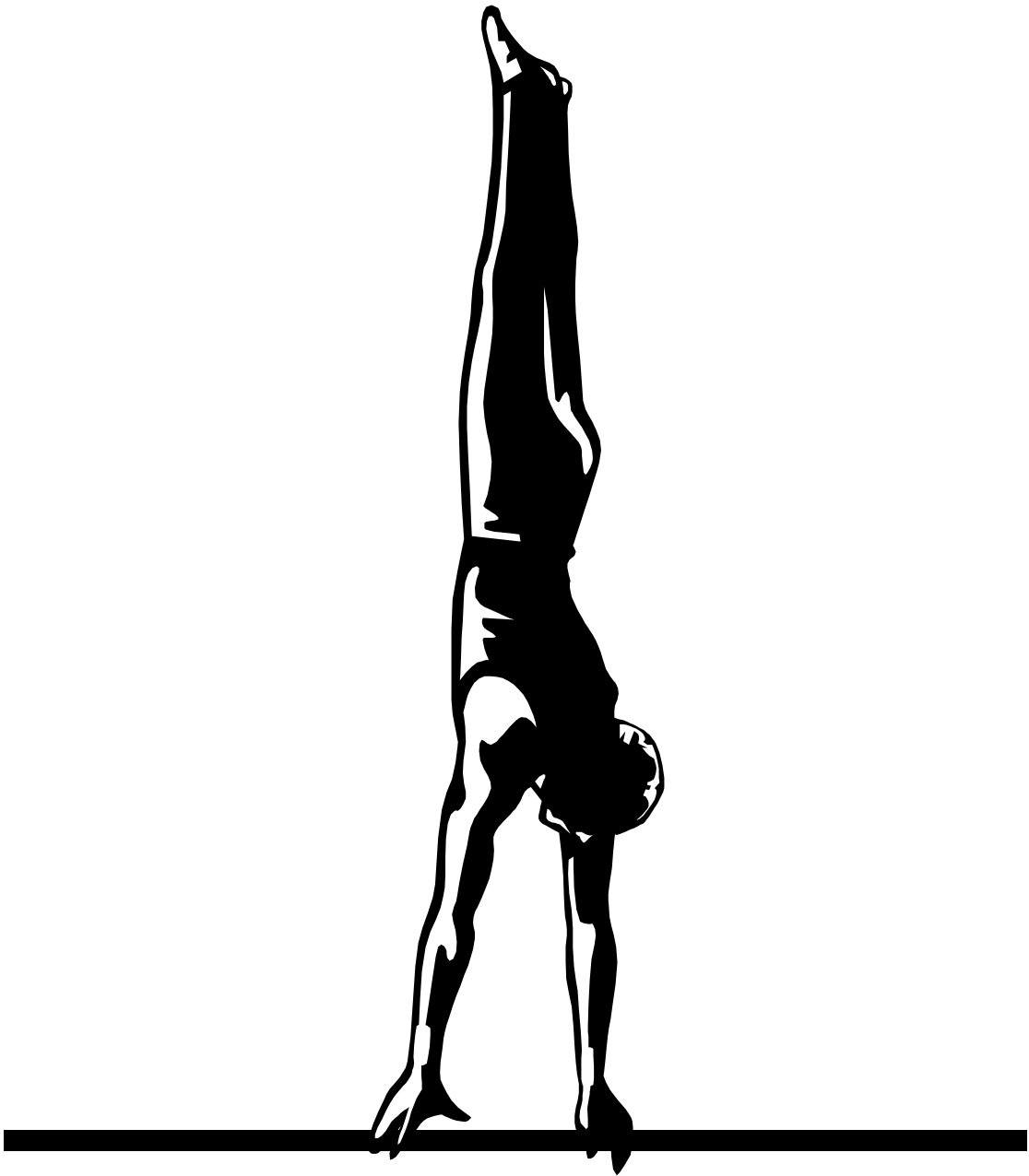


Heimtraining

Geräteriege Lütisburg/Bazenheid





Um im Training die nötigen Voraussetzungen zu haben, ist es sehr wichtig, das Krafttraining und die Dehnübungen auch zu Hause durchzuführen.

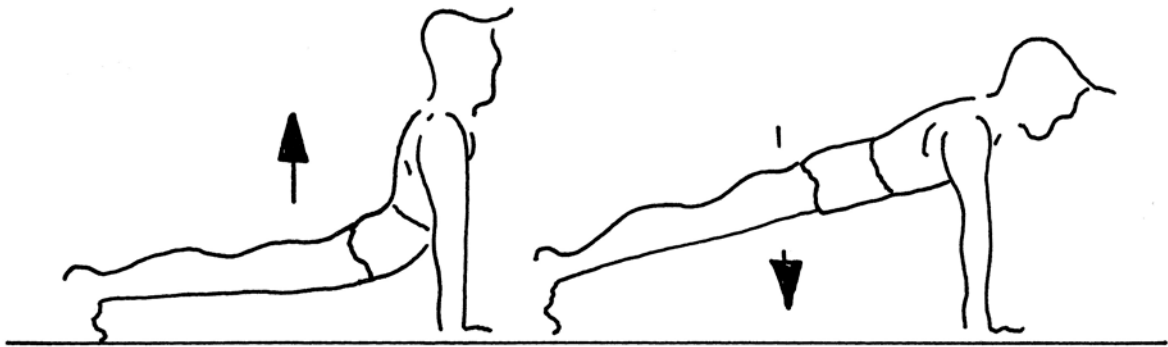
1 X Täglich



Posten 1

Stütz

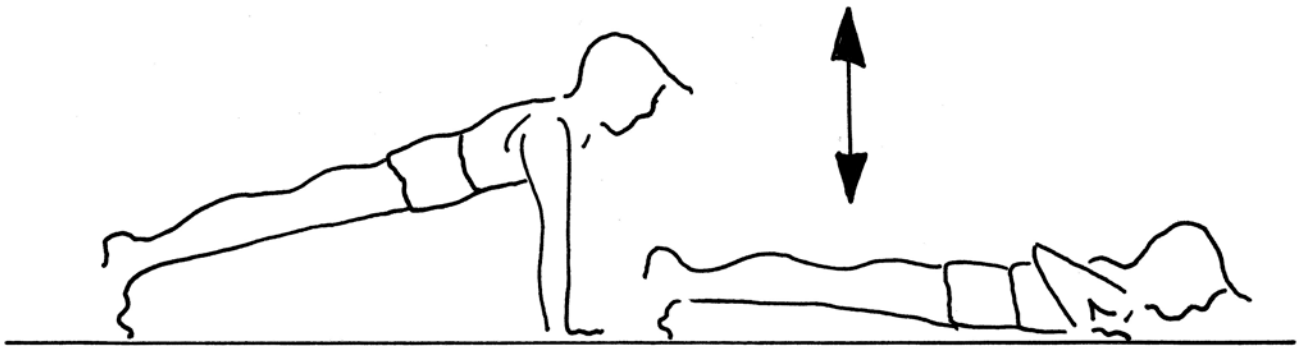
20 x



Posten 2

Stütz

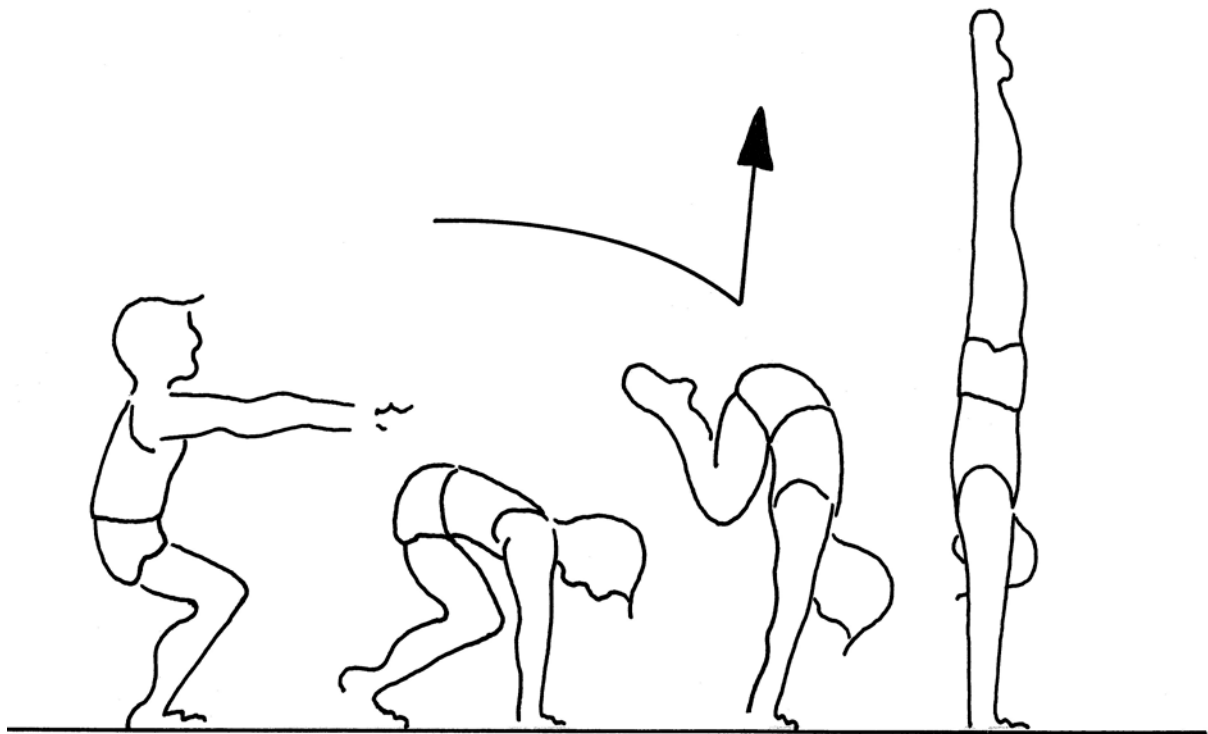
20 x



Posten 4

Handstand

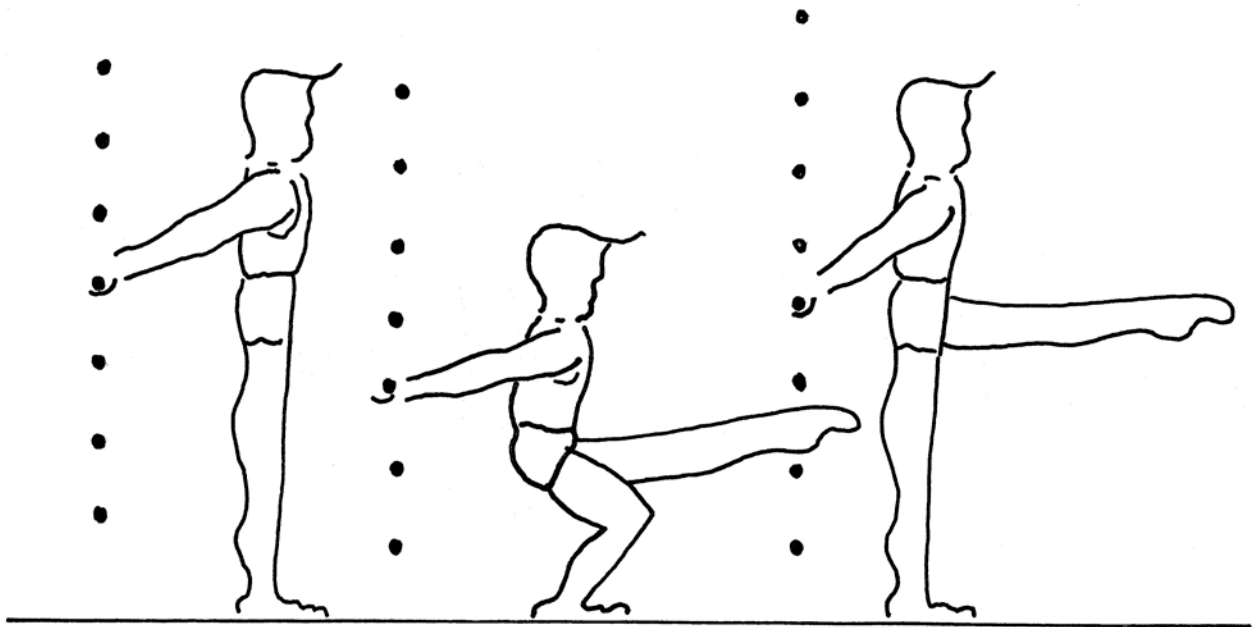
10 x



Posten 5

Beinabdrücke

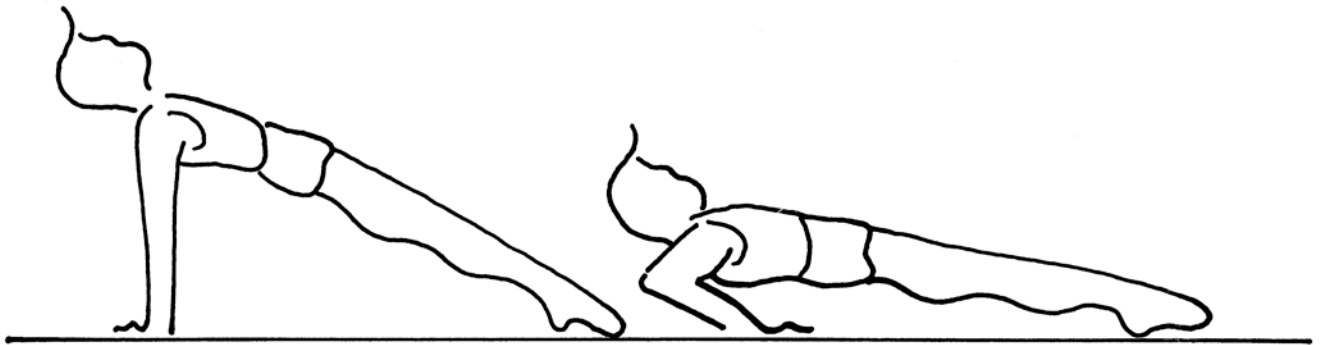
10 x je Bein



Poste 6

Stütz rl

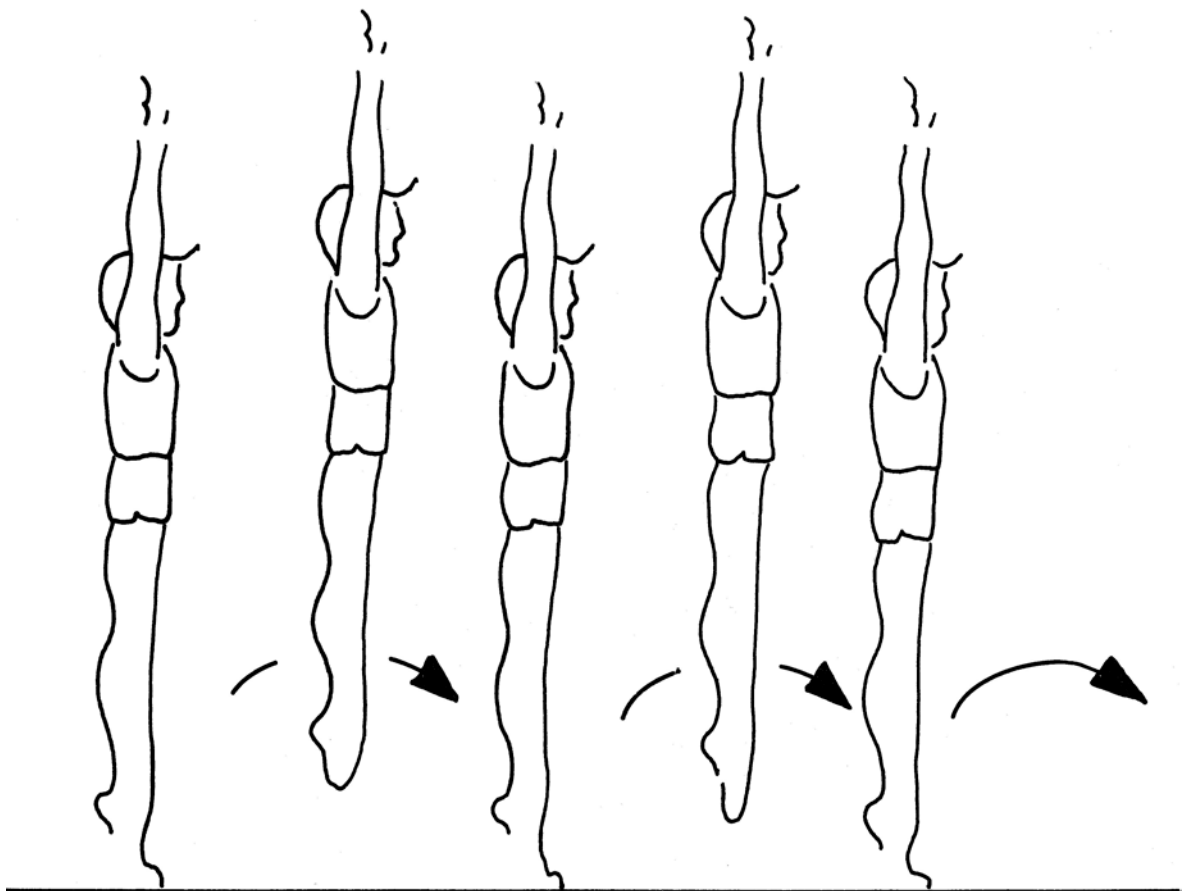
20 x



Posten 8

Sprungkraft

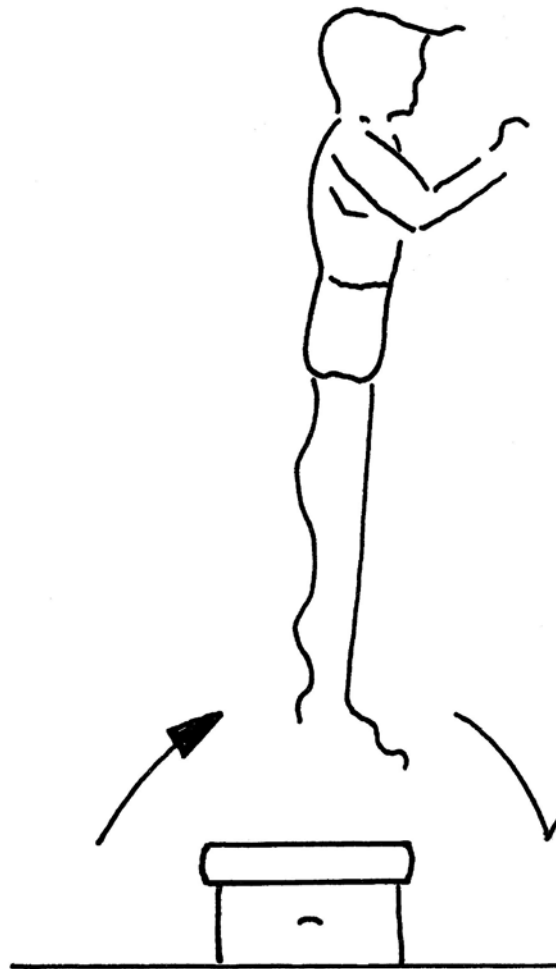
10 x



Posten 9

Sprungkraft

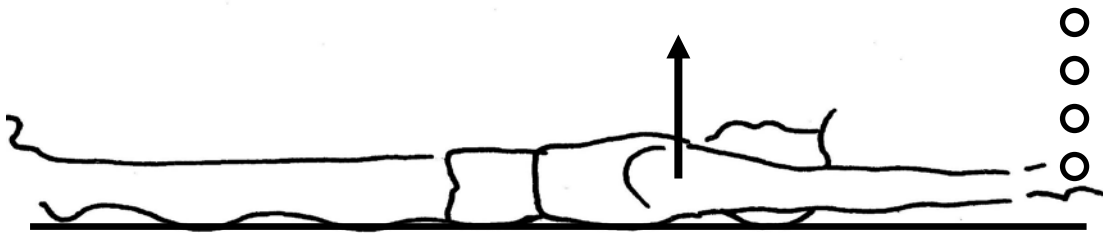
10 x



Posten 10

Schulterkraft auf Rücken

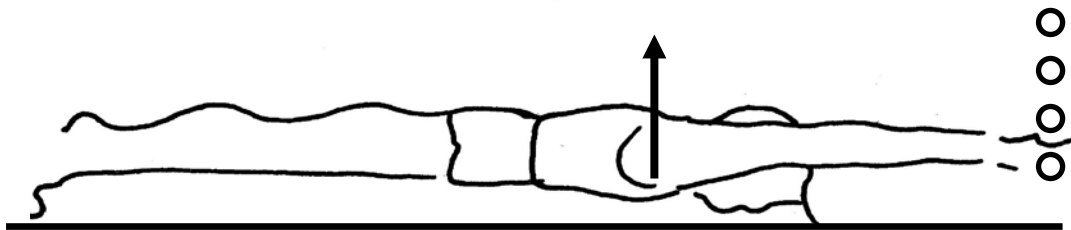
10 x



Posten 11

Schulterkraft auf Bauch

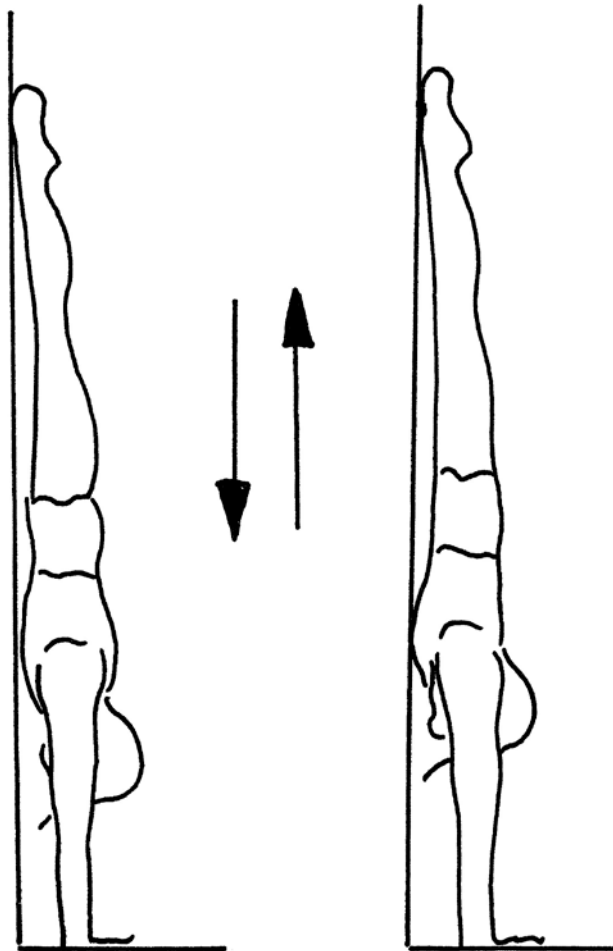
10 x



Posten 12

Schulterkraft

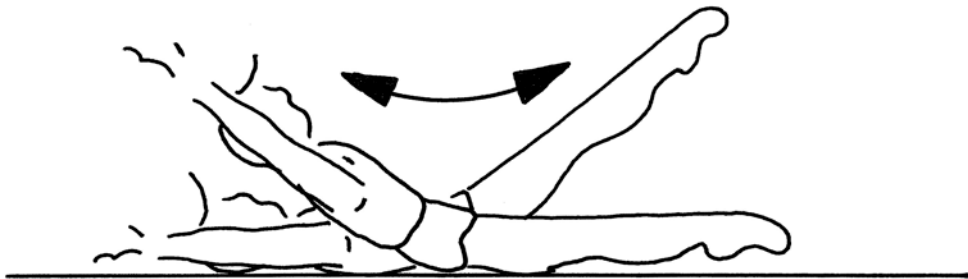
10 x



Posten 13

Schiffli Rücken

10 x



Posten 14

Schiffli Bauch

10 x



Posten 15

30s



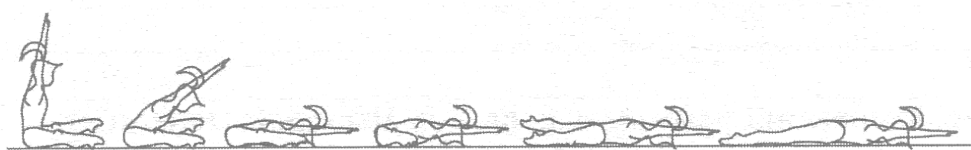
Posten 16

10 X

10302

Durchschwimmen

De la position assise, les jambes écartées, passer à la position couchée à plat ventre sur le sol



Posten 17

30s

10301

Seitspagat --

Grand écart lat. --



10303

Querspagat --

Grand écart transv. --

