

Trainings Chart

Start Position

End Position



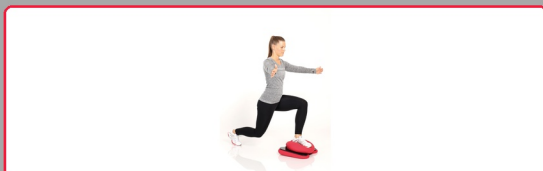
Start Position

End Position



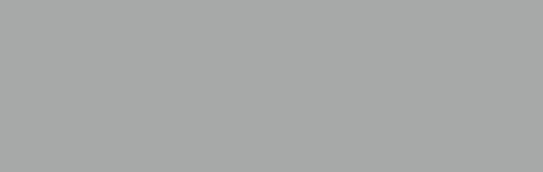
Start Position

End Position



Start Position

End Position



Bei körperlichen Beschwerden konsultieren Sie Ihren Arzt oder Therapeuten.
In case of health issues, consult your doctor or therapist.