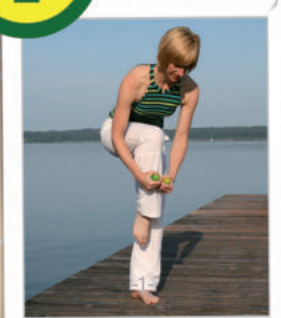


Die Übungsausführung: 20 Sekunden einpendeln > 10 Sekunden Mini-Moves

Einpendeln (Bild 1+2): langsame, kontrollierte Bewegungen vom Anfangspunkt (Bild 1) zum Endpunkt (Bild 2) der jeweiligen Bewegung

Mini-Moves (Bild 3): Verharren in angegebener Körperposition und kleine schnelle Bewegungen der Brasils in Pfeilrichtung

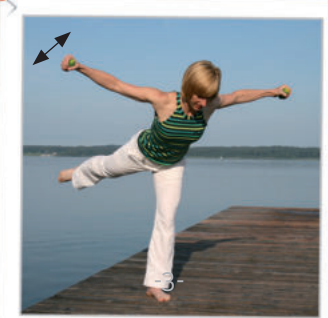
1



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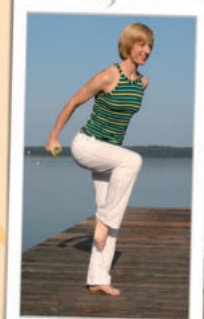


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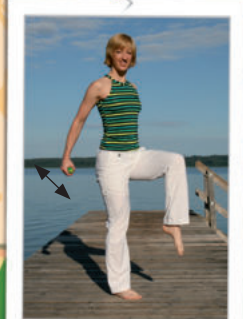
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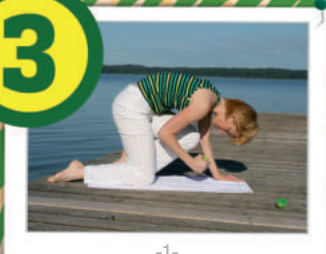


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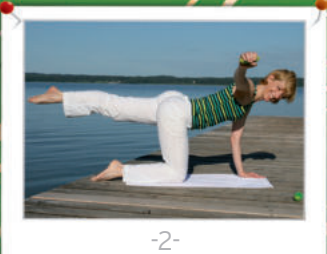


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3



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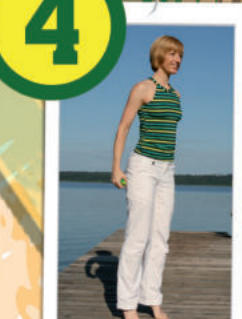


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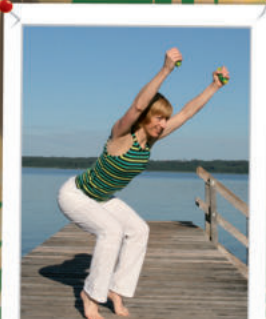


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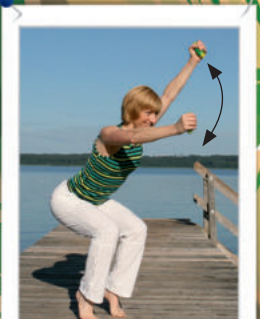
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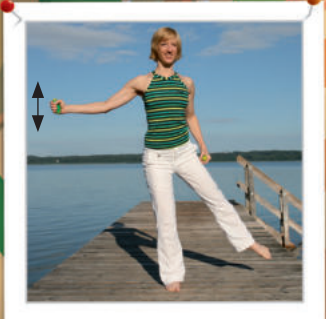
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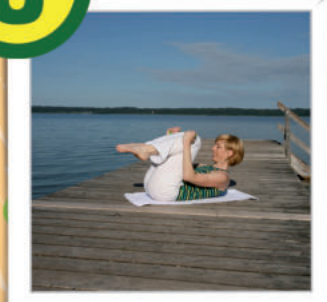


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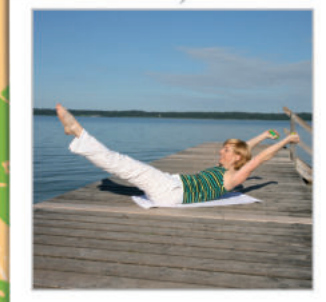


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6



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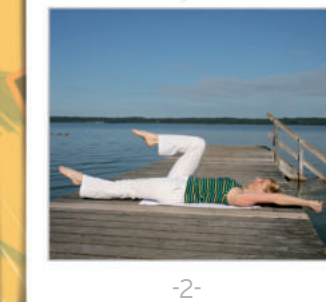


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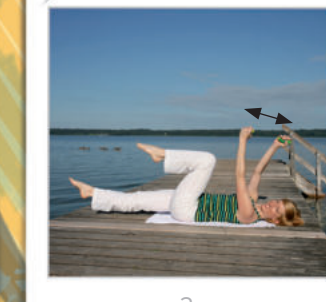
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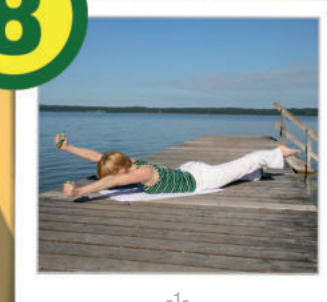


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8



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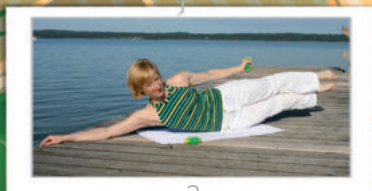


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11



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