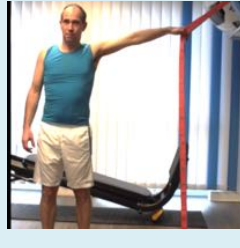
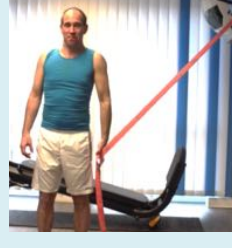
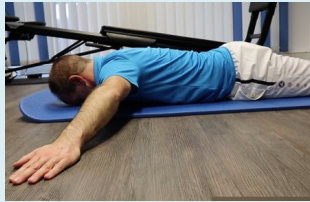
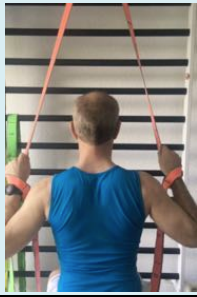
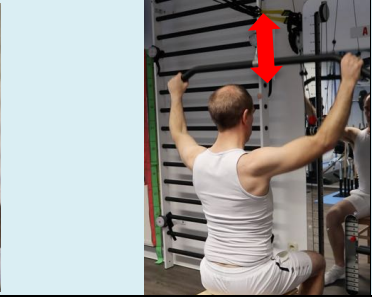
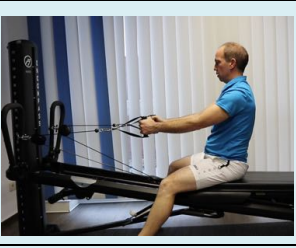
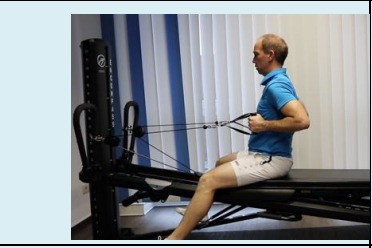
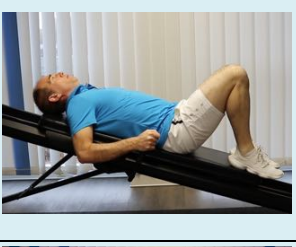
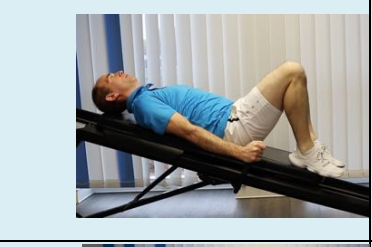
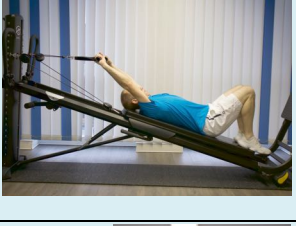
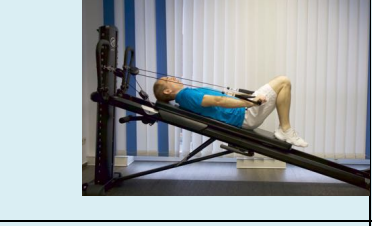
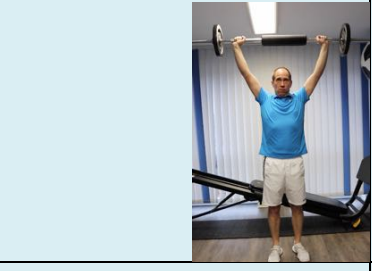


Training Schulter

Innenrotation			3 Sätze a 10-15 Wdh 1 min Pause
Außenrotation			3 Sätze a 10-15 Wdh 1 min Pause
Adduktion			3 Sätze a 10-15 Wdh 1 min Pause
Schulterblattkontrolle			3 Sätze a 10-15 Wdh 1 min Pause
Schulterblattkontrolle in Seidlage			3 Sätze a 8-10 Wdh 1 min Pause
Sleeper Stretch			10 x 10 sec 5 sec Pause
Trapezius Training			3 Sätze a 10-15 Wdh 1 min Pause
Bankdrücken			3 Sätze a 10-15 Wdh 1 min Pause

Latzug			3 Sätze a 10-15 Wdh 1 min Pause
Rudern			3 Sätze a 10-15 Wdh 1 min Pause
Butterfly Reverse			3 Sätze a 10-15 Wdh 1 min Pause
Dips			3 Sätze a 10-15 Wdh 1 min Pause
Pullover			3 Sätze a 10-15 Wdh 1 min Pause
Nackendrücken			3 Sätze a 10-15 Wdh 1 min Pause
Seitstütz			3 Sätze a 10-15 Wdh 1 min Pause