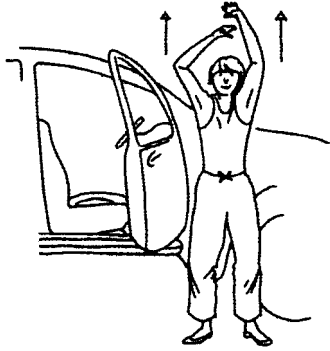
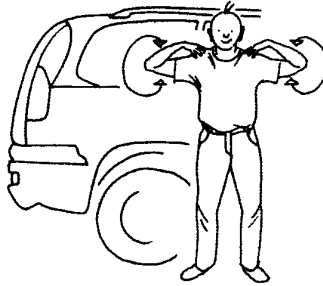


# Spezielle Gymnastik für den Rastplatz

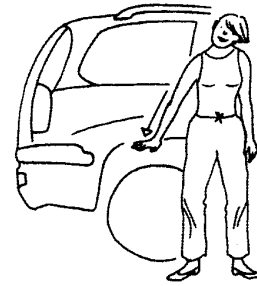
1. Rekeln



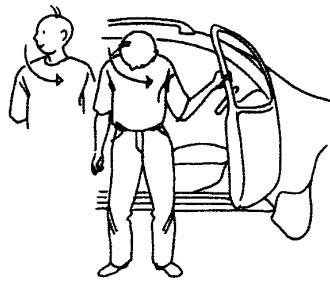
2. Schulterkreisen



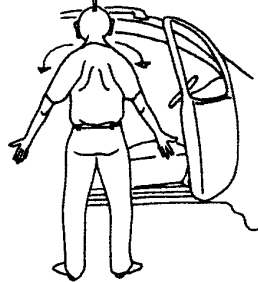
3. Nackenmuskeln dehnen



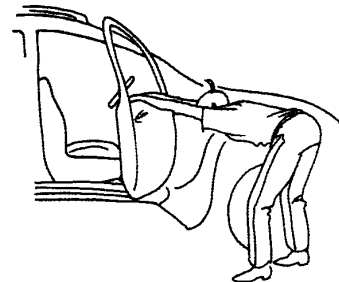
4. Kopfpendeln



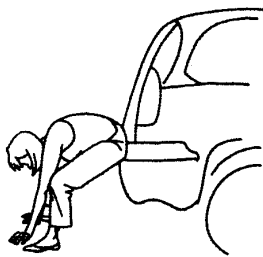
5. Schulterblätter zusammenziehen



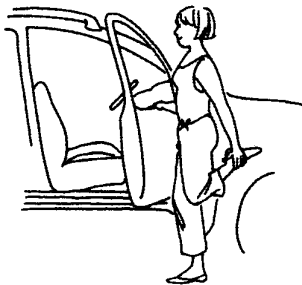
6. Brustmuskeln dehnen



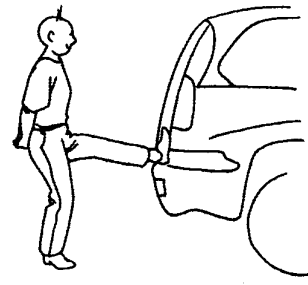
7. Rückenmuskeln dehnen



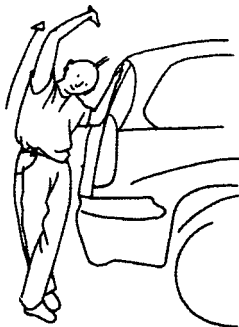
8. Oberschenkelmuskel (Vorderseite) dehnen



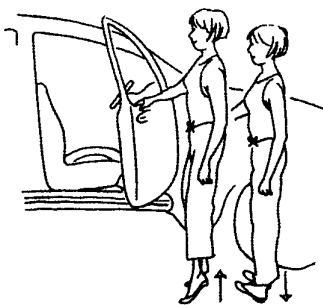
9. Oberschenkelmuskel (Rückseite) dehnen



10. Seitliche Rumpfmuskeln



11. Zehen- und Fersenstand



12. Wadenmuskel dehnen

