

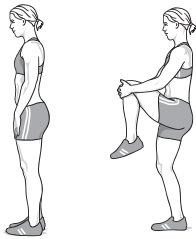
# MORGENROUTINE

Bewegter Start in den Tag

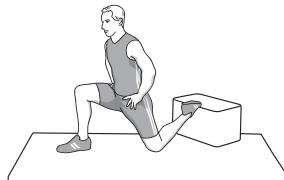


**movement24**  
Betriebliches Gesundheitsmanagement

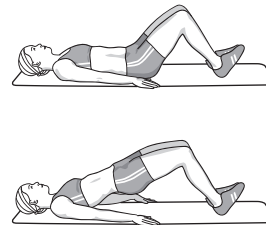
HÜFTMOBILISATION



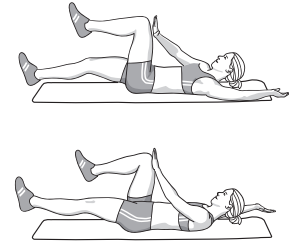
HÜFTSTRETCH



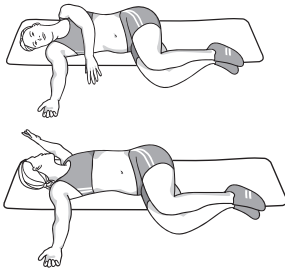
RUMPFKRÄFTIGUNG



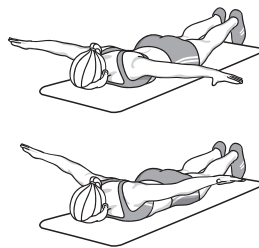
RUMPFSTABILISATION



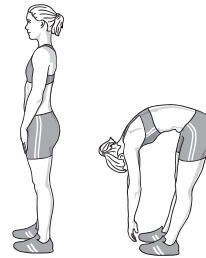
WIRBELSÄULENMOBILISATION



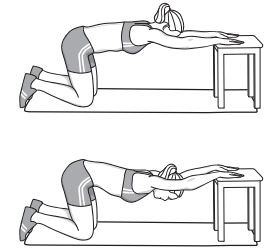
KRÄFTIGUNG OBERER RÜCKEN



RÜCKENDEHNUNG



RÜCKENSTRETCH FRONTAL



**ANWENDUNG:** Kräftigungs- und Mobilisationsübungen 5-10x durchführen.  
Dehnübungen 30-60 Sekunden halten.