

FASCIA TRAINING

EXERCISES for FOREARMS / LEGS

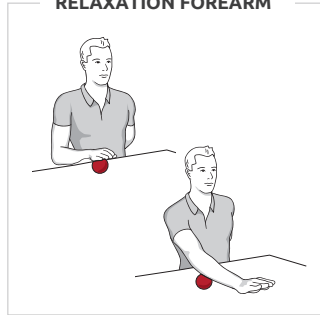


movement24
Betriebliches Gesundheitsmanagement

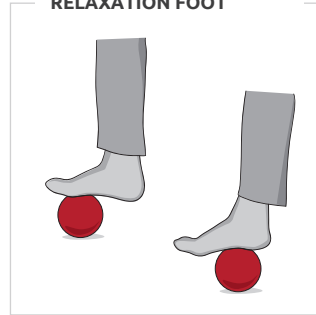
RELAXATION HAND



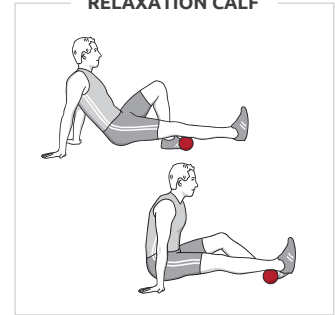
RELAXATION FOREARM



RELAXATION FOOT



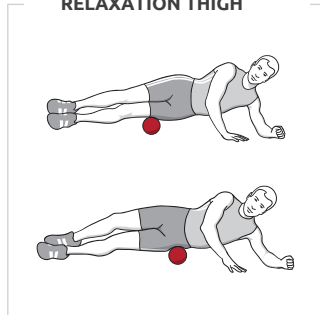
RELAXATION CALF



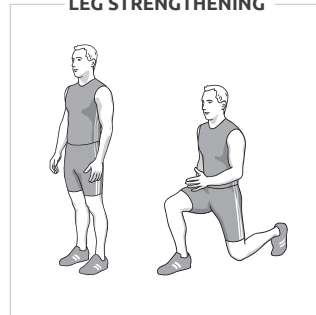
RELAXATION POSTERIOR



RELAXATION THIGH



LEG STRENGTHENING



FOREARM STRETCH



NOTICE:

Perform exercises with the fascia ball for about 30-60 seconds.

Perform strengthening and mobilization exercises 5-10x.