



movement24
Betriebliches Gesundheitsmanagement

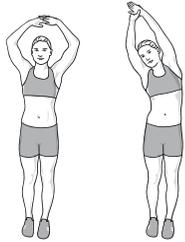
TRAININGSKARTE

HOME TRAINING

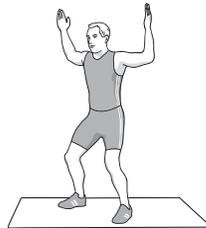
HOME TRAINING

OBERER RÜCKEN

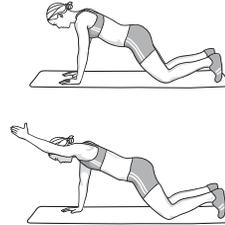
RÜCKENSTRETCH SEITLICH



U-STRETCH



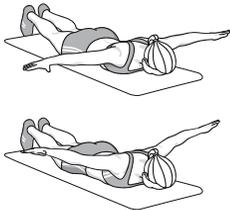
EINARMIGER STÜTZ



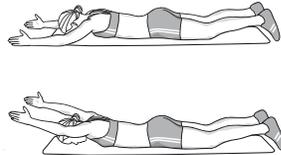
RÜCKENMOBILISATION



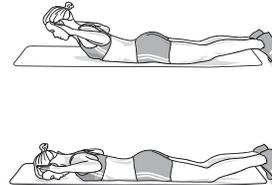
ARMHEBEN SEITLICH



ARMHEBEN GESTRECKT



ARMHEBEN GEBEUGT



RÜCKENSTRETCH FRONTAL

