

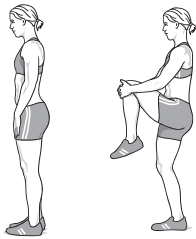
MORGENROUTINE

Bewegter Start in den Tag

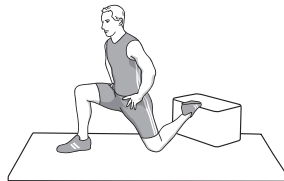


movement24
Betriebliches Gesundheitsmanagement

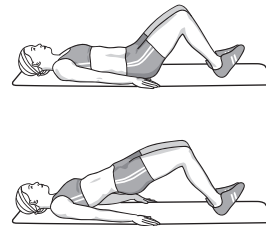
HÜFTMOBILISATION



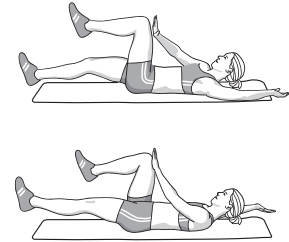
HÜFTSTRETCH



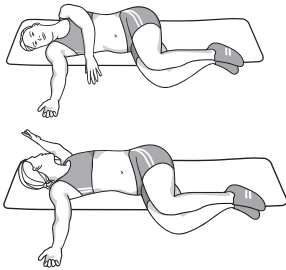
RUMPFKRÄFTIGUNG



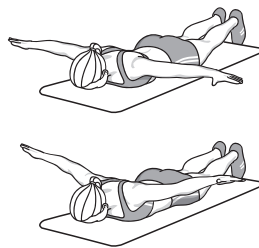
RUMPFSTABILISATION



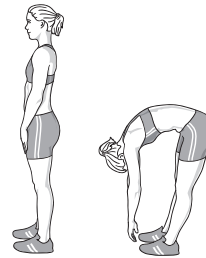
WIRBELSÄULENMOBILISATION



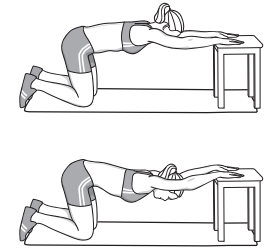
KRÄFTIGUNG OBERER RÜCKEN



RÜCKENDEHNUNG



RÜCKENSTRETCH FRONTAL



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