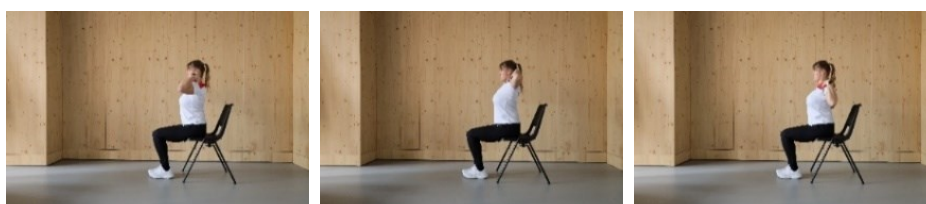
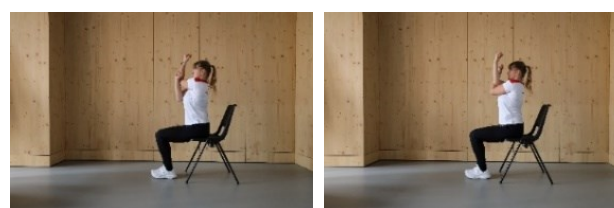
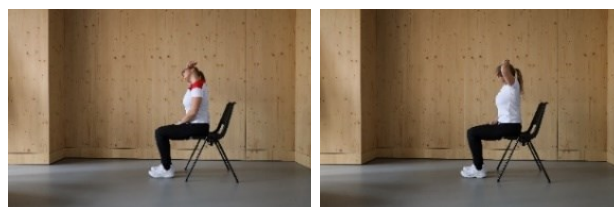
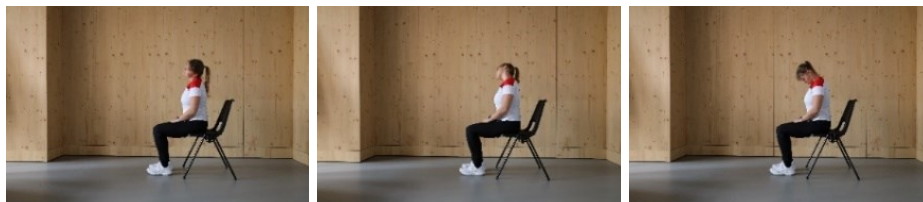
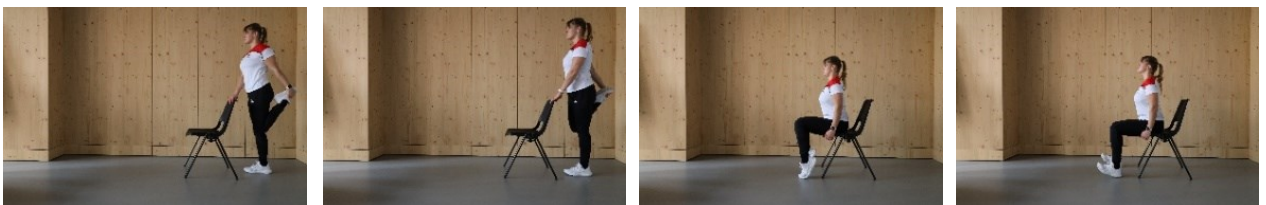
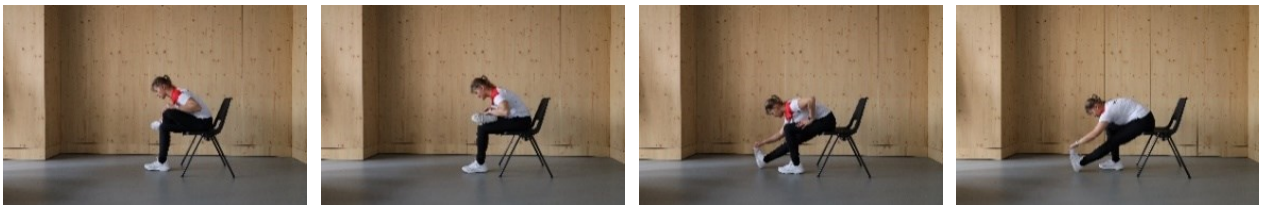
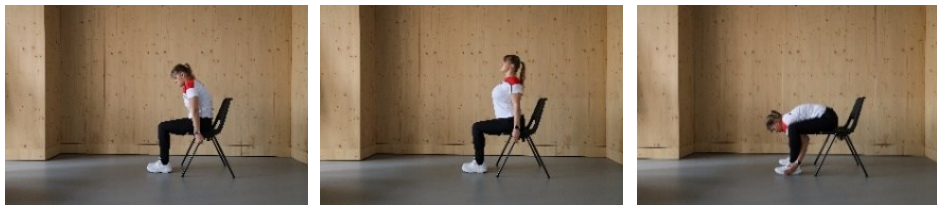
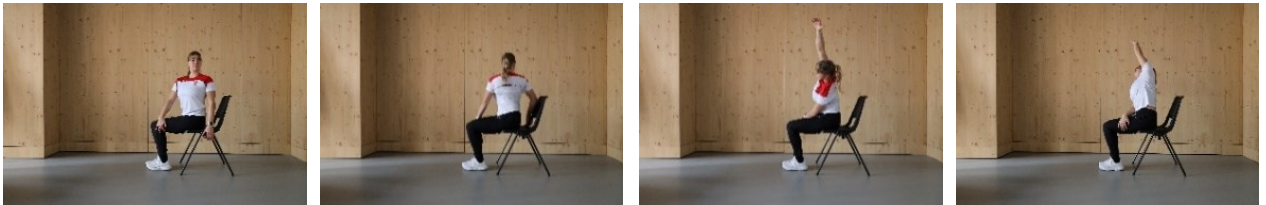
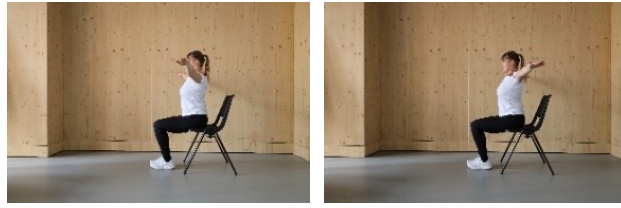


Mobilisation, dynamisches Stretching

Mobilisation, étirement dynamique





Kräftigung

Renforcement

