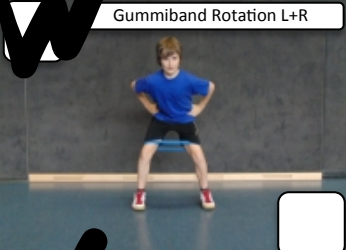
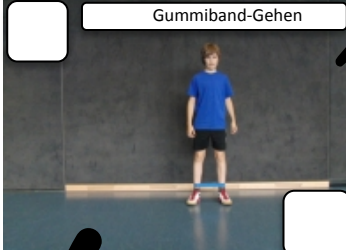
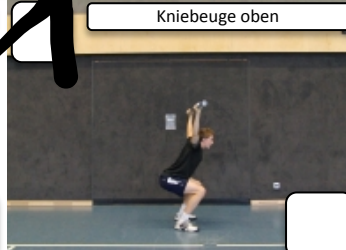
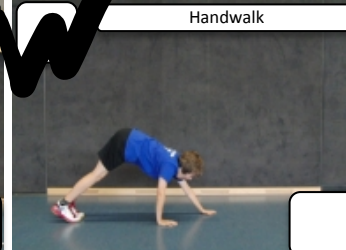

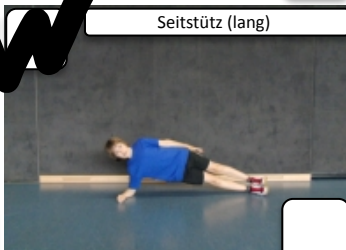
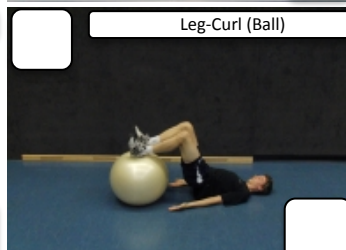

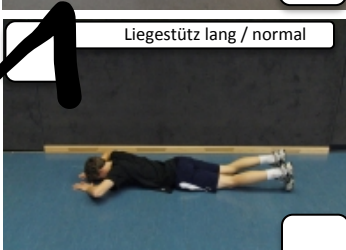
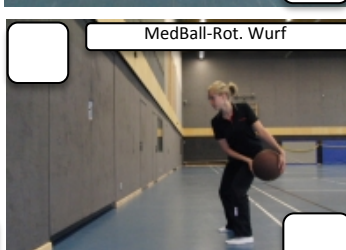
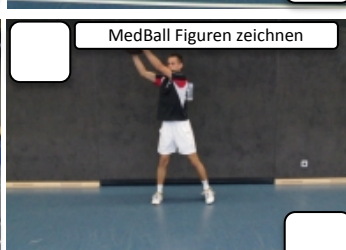
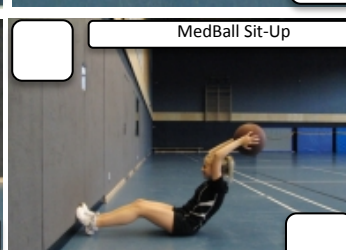
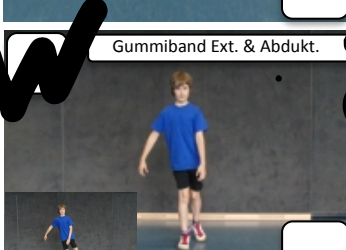
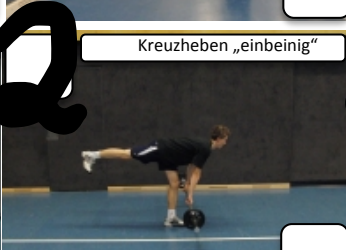

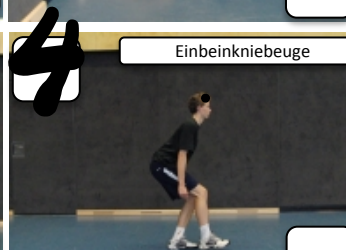
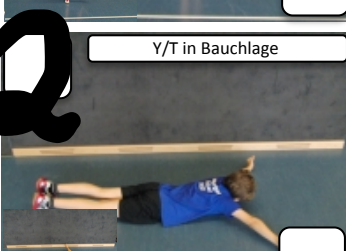
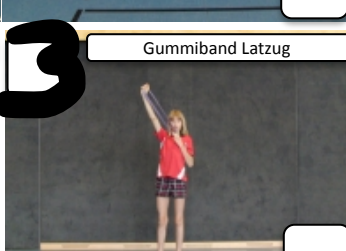
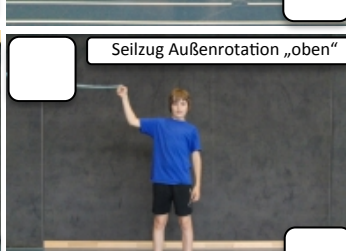
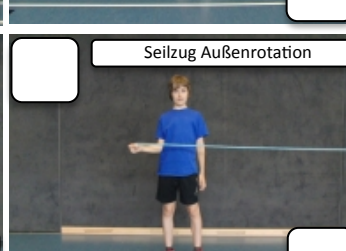
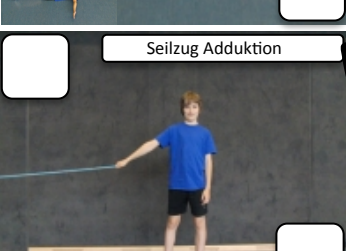


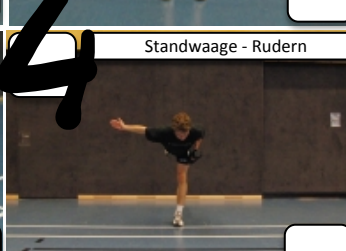


Name: _____ Alter: _____ Datum: _____
 Umfang / Durchführungstage: Mo _____ Di _____ Mi _____ Do _____ Fr _____ Sa _____ So _____

Allgemeine Hinweise zum
Stabilisationstraining:

- i) Ausführungsqualität vor -quantität (Startposition & Bewegungsausführung)
- ii) Belastungsnormative im Bereich der Kraftausdauer
- iii) Wiederholungen: 12-25 (20-60 Sekunden), Anzahl Sätze: 1-3
- iv) Intensität: 25-15 RM, Ausführung: i.A. langsame Ausführung (z.B. 101, 202, 111, ...)

W Gummiband Rotation L+R 		1 Kniebeuge oben 	W Handwalk 
W Liegestütz diagonal 	W Seitstütz (lang) 	Leg-Curl (Ball) 	Liegestützposition (Ball) 
1 Liegestütz lang / normal 	MedBall-Rot. Wurf 	MedBall Figuren zeichnen 	MedBall Sit-Up 
W Gummiband Ext. & Abdukt. 	2 Kreuzheben „einbeinig“ 	3 Ausfallschrittkniebeuge 	4 Einbeinkniebeuge 
2 Y/T in Bauchlage 	3 Gummiband Latzug 	Seilzug Außenrotation „oben“ 	Seilzug Außenrotation 
Seilzug Adduktion 	W Wandsitzen Mobilität 	Schildkröte (Kasten) 	4 Standwaage - Rudern 

Notizen / Hinweise: