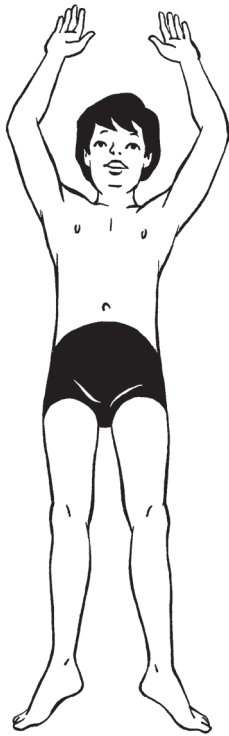
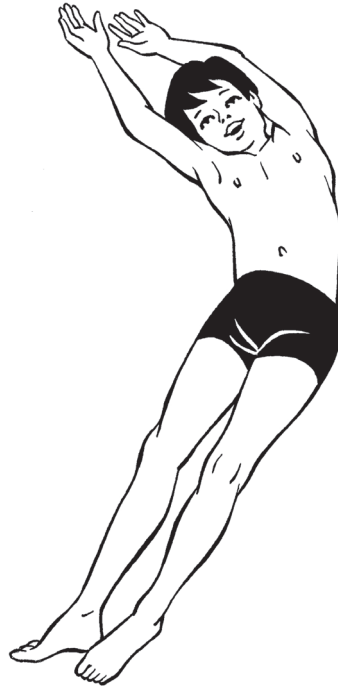


Mondlage



Ausgangsstellung



Mondlage

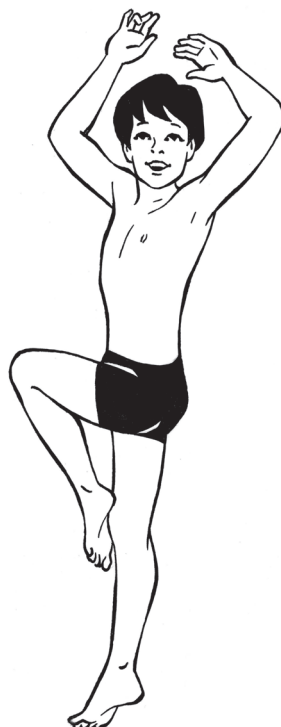


Ausruhstellung

Rückendrehdehnlage (Schraube)



Ausgangsstellung

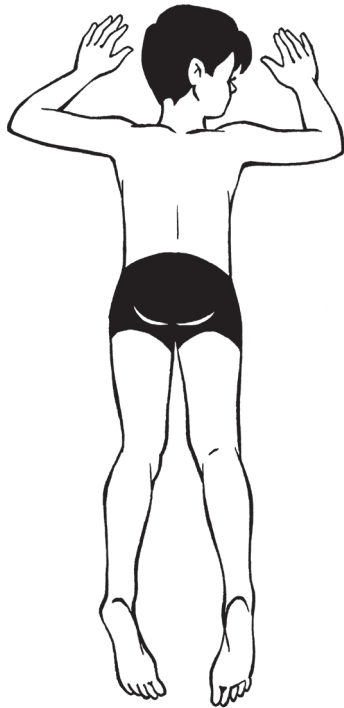


Schraube

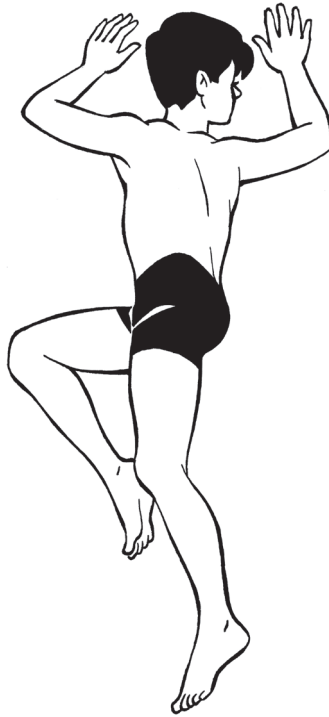


Ausruhstellung

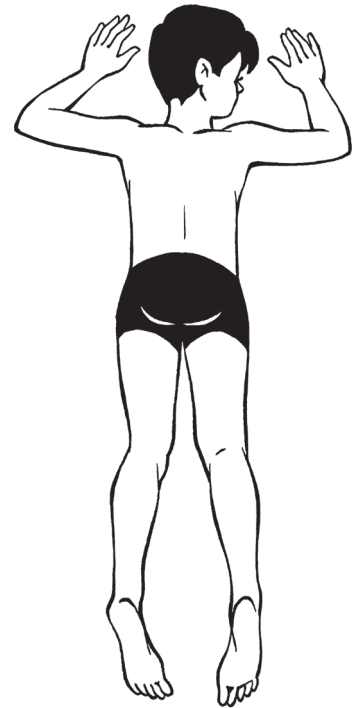
Bauchdrehdehnlage (Bauchschraube)



Ausgangsstellung

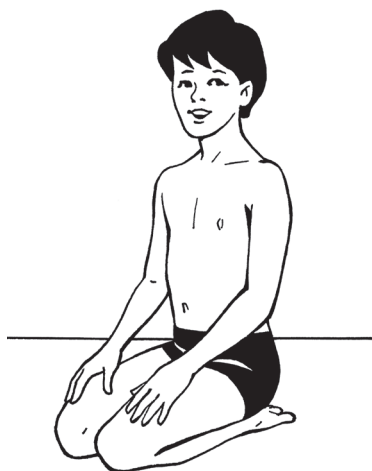


Bauchdrehdehnlage

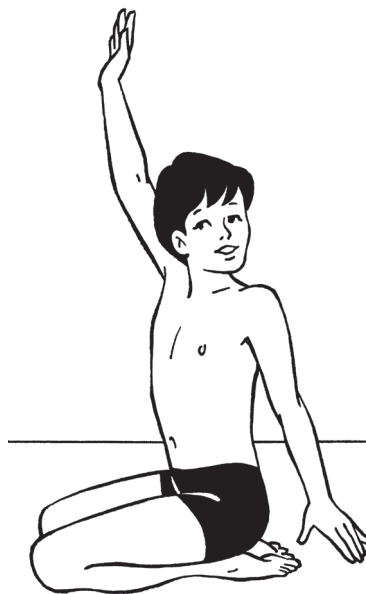


Ausruhstellung

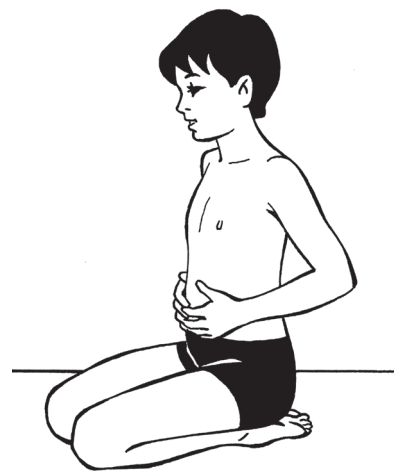
„Babygiraffe“



Ausgangsstellung

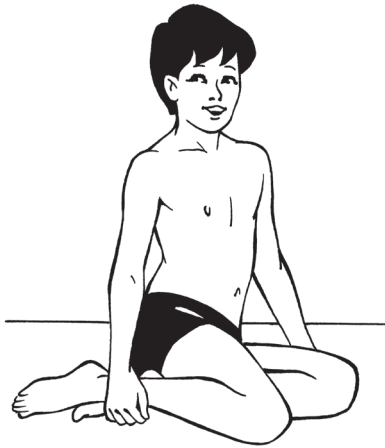


„Babygiraffe“



Ausruhstellung

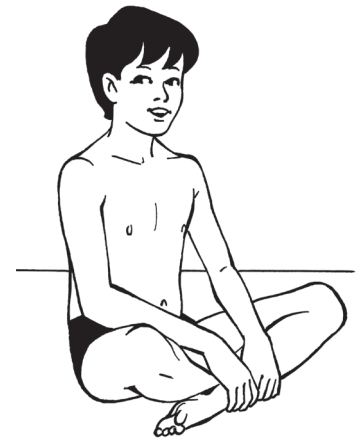
Knoten



Ausgangsstellung

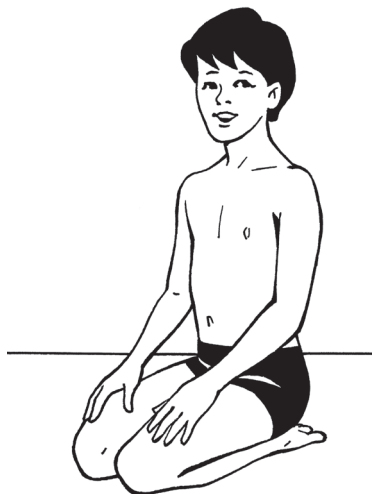


Knoten



Ausruhstellung

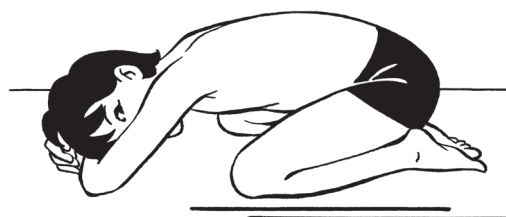
Rutschbahn nach vorne



Ausgangsstellung



Rutschbahn nach vorne



Ausruhstellung

Überschlag

