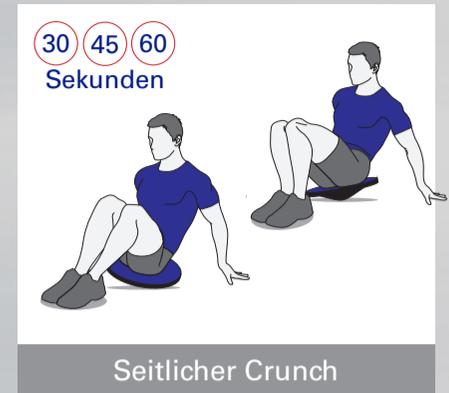
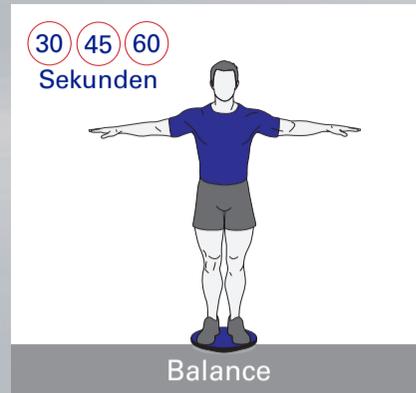


BALANCE BOARD Übungsposter

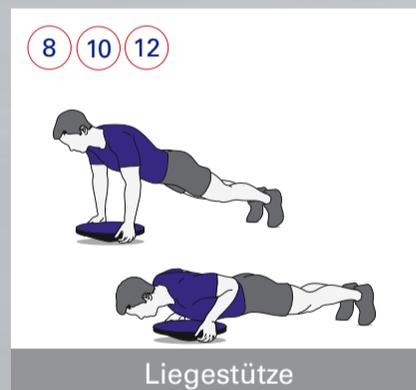
Aufwärmen



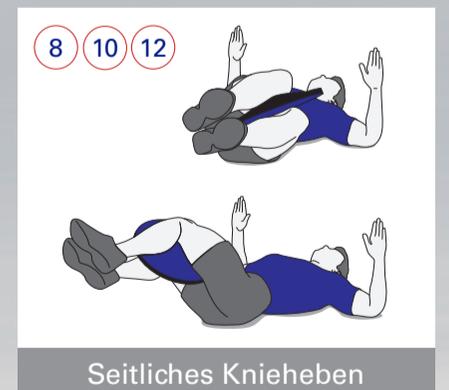
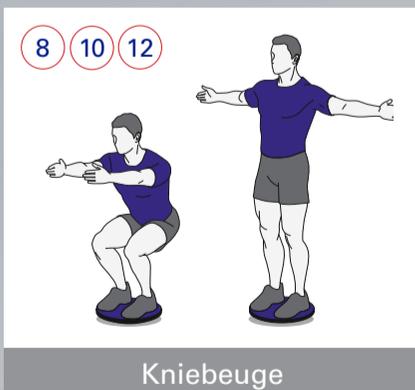
Training 1



Training 2



Training 3



i Zur Info: Die Zahlen im Kästchen sind die jeweiligen Wiederholungen/Sekunden pro Satz (3 Sätze).