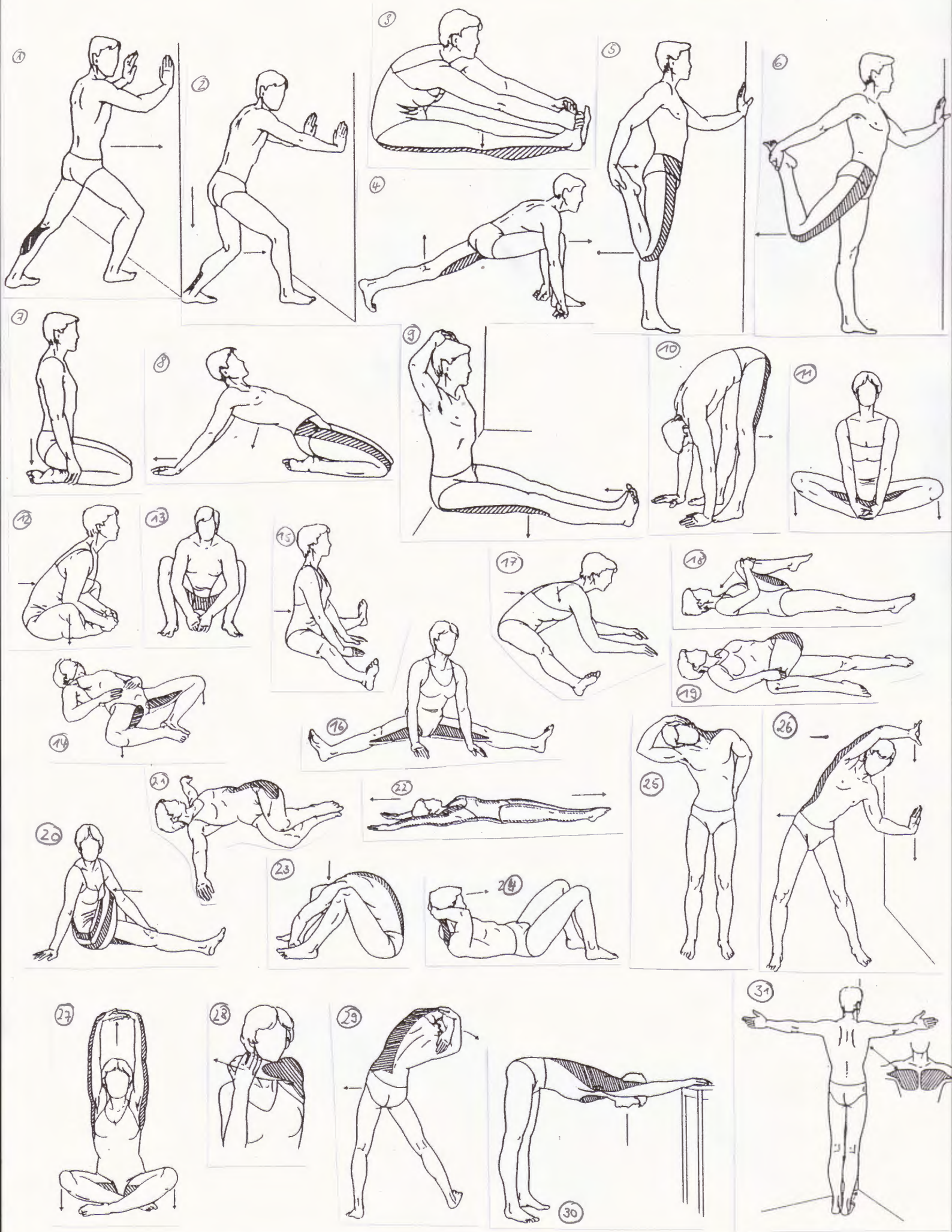


Grundprogramm Dehnung für jeden Sportler

(Blum & Wölzenmüller, 1985)



Funktionelle Dehnung (Spikermaun, 1993)



1



2



3



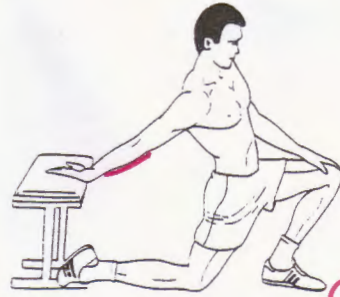
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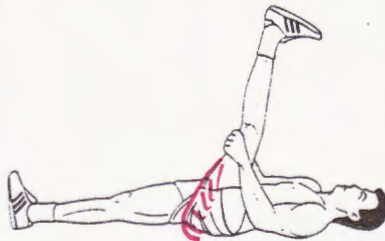
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14



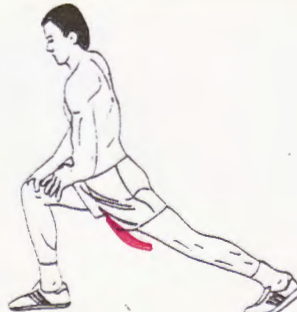
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17



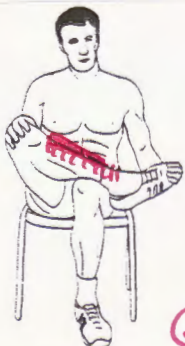
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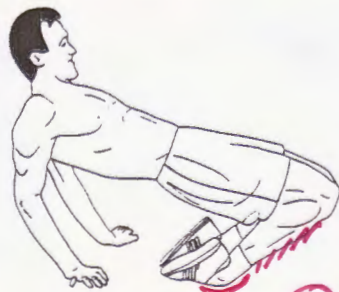
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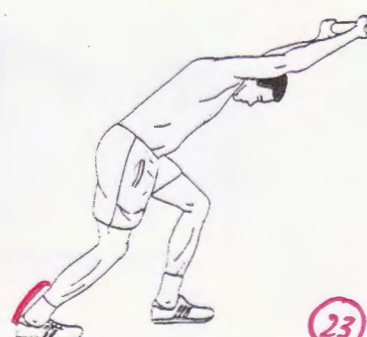
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22



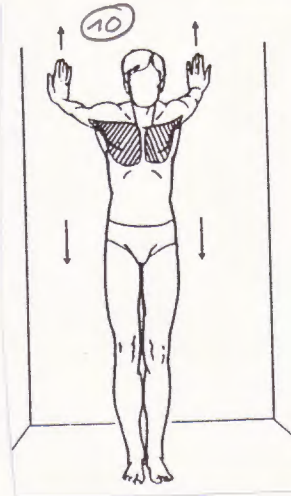
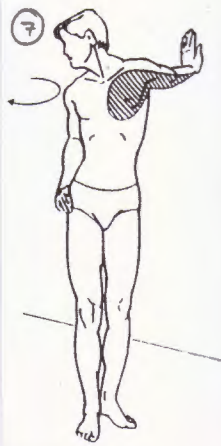
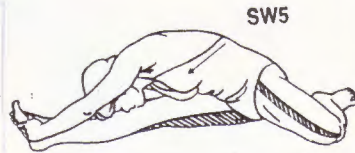
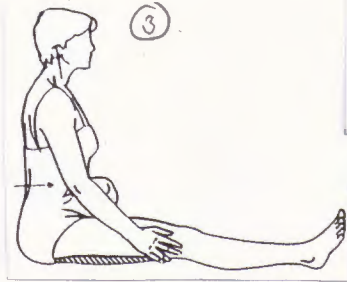
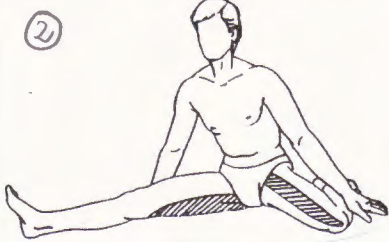
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24

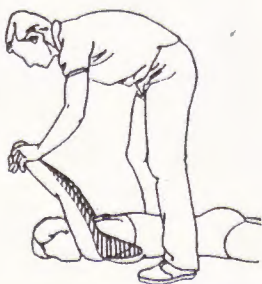
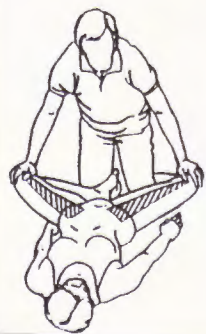
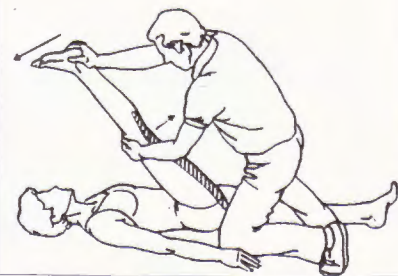
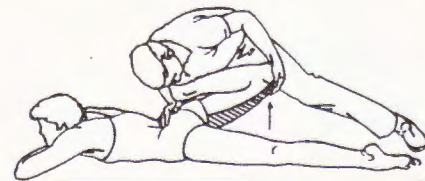
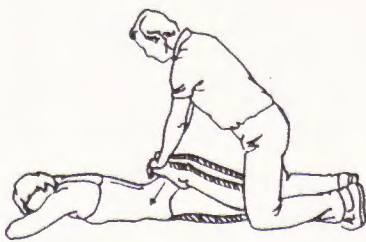
Zusatzprogramm Dehnung für Schwimmer

(Blum & Wolzcumüller, 1985)



Partner dehnung für Schwimmer

(Blum & Wolzcumüller, 1985)



Partnerdehnung für Schwimmer

(Spikermann, 1993)

