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by Dusan Mitic

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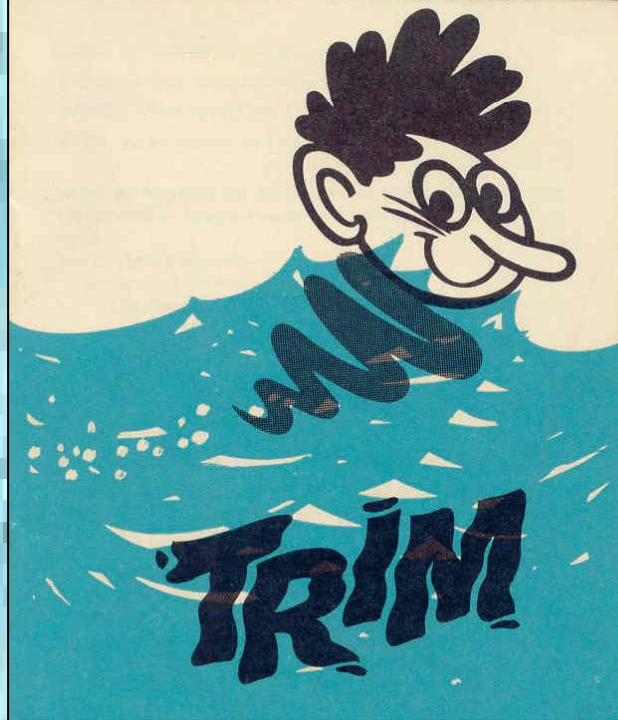
Trimmspirale



(Unterschrift)

Ein Feld der Spirale entspricht:

- 5 Min. **L** Dauerlauf (Gehpausen möglich, nicht mitzählen)
- KT** Konditionstraining (volle Belastung)
- 10 Min. **S** Schwimmen (Pausen nicht mitzählen)
- R** Radfahren
- G** Gymnastik
- T** Turnen
- SL** Skilaufen, Skifahren
- F** Fußball
- VB** Volleyball
- FB** Federball
- TE** Tennis
- SB** Sitzball (Versehrte)
- HB** Handball u. a. Spiele
- RK** Rudern, Kanu
- 15 Min. **TT** Tischtennis
- TA** Tanzen
- B** Bowling, Kegeln
- SW** Skiwandern
- 30 Min. **W** Wandern, Spazierengehen
- 60 Min. **BG** Bahnengolf
- GA** Gartenarbeit



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<p>Bein ausgestreckt aufsteigen 20x (20s)</p>	<p>Rückwärtige gestreckte Knie, Schulter nach vorne ausstrecken 8x (25s)</p>	<p>Hüftbeuge mit 1-2-3-4-5-6-7-8-9-10 Tage Überschlagen vermeiden beugen, Hüfte strecken, Beine ausstrecken 15x (20s)</p>	<p>Legeteils Hüfte strecken, Arme strecken und anheben 8x (25s)</p>
<p>Rückwärtige Knie- und Schulterstreckung 20x (20s)</p>	<p>Rückwärtige Knie- und Schulterstreckung 20x (20s)</p>	<p>Rückwärtige Knie- und Schulterstreckung 20x (20s)</p>	<p>Legeteils Hüfte strecken und anheben 8x (25s)</p>
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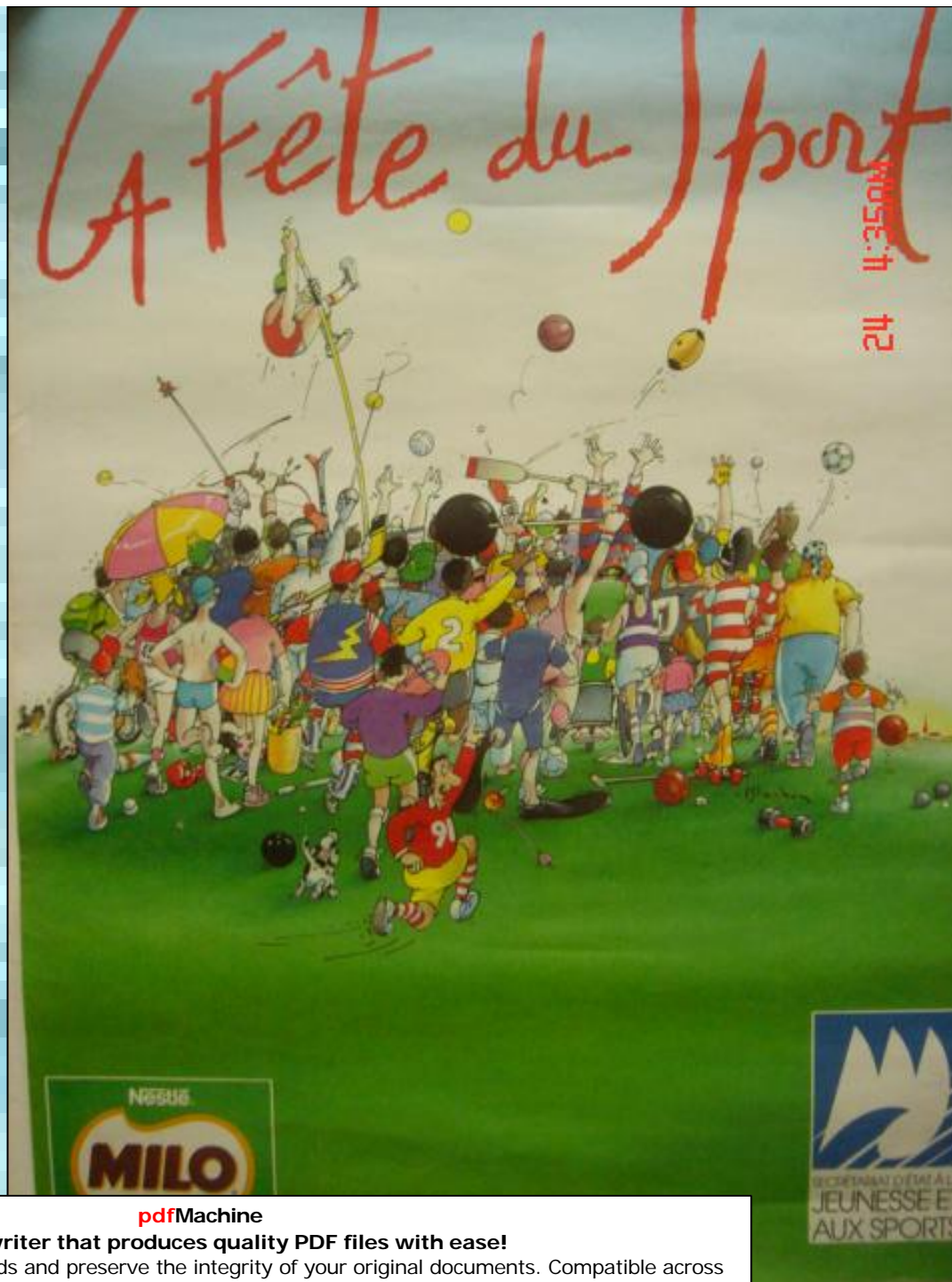
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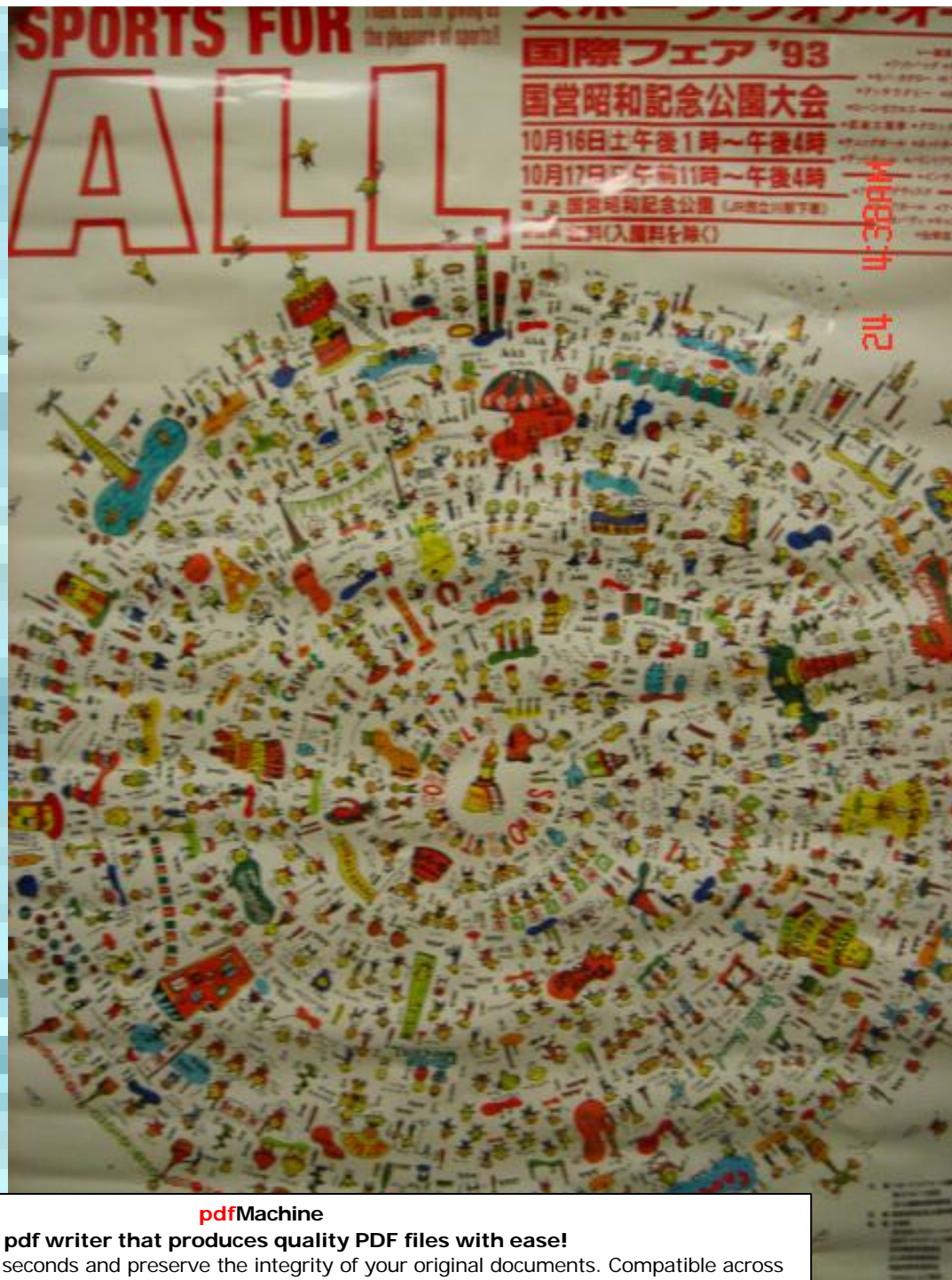


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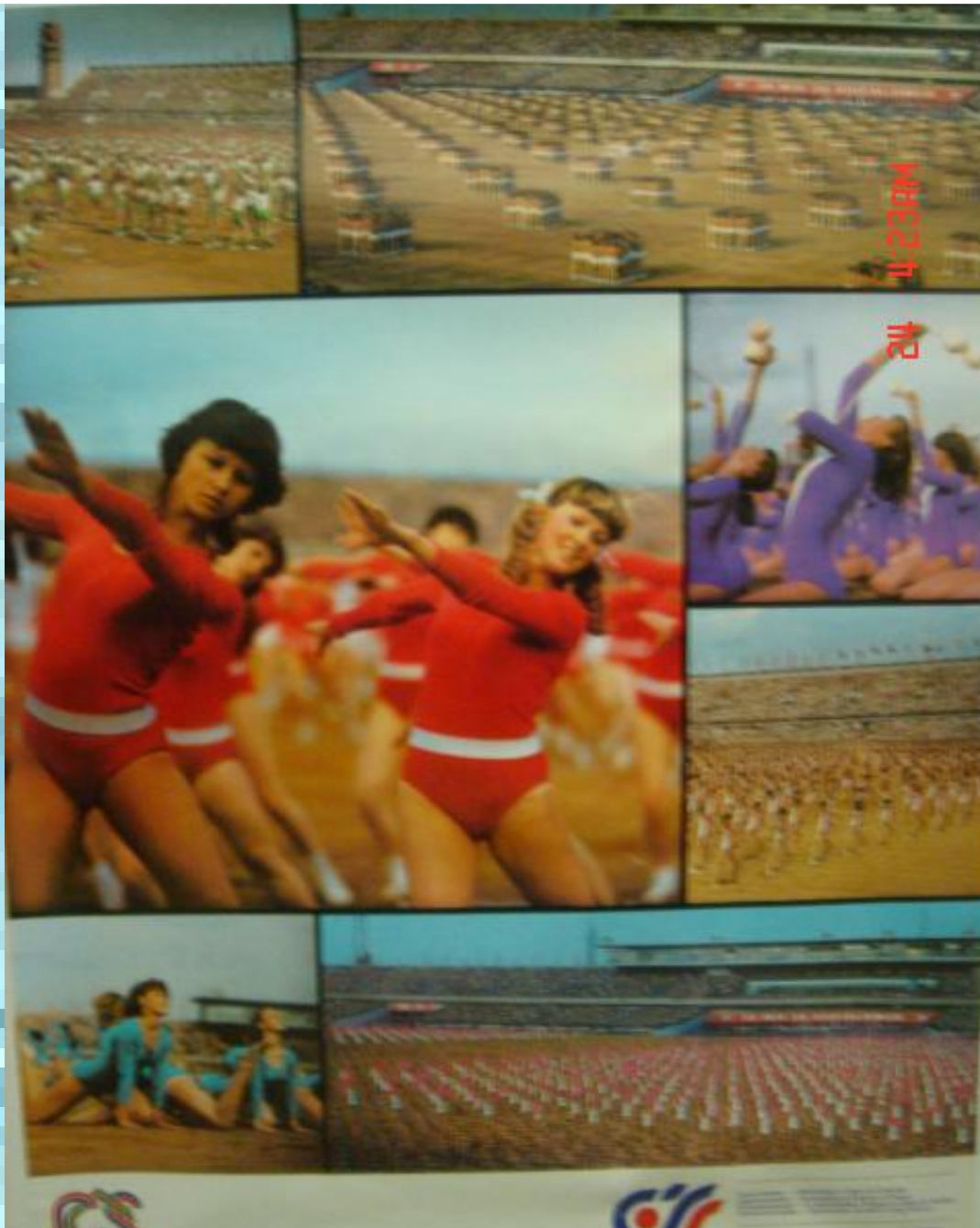


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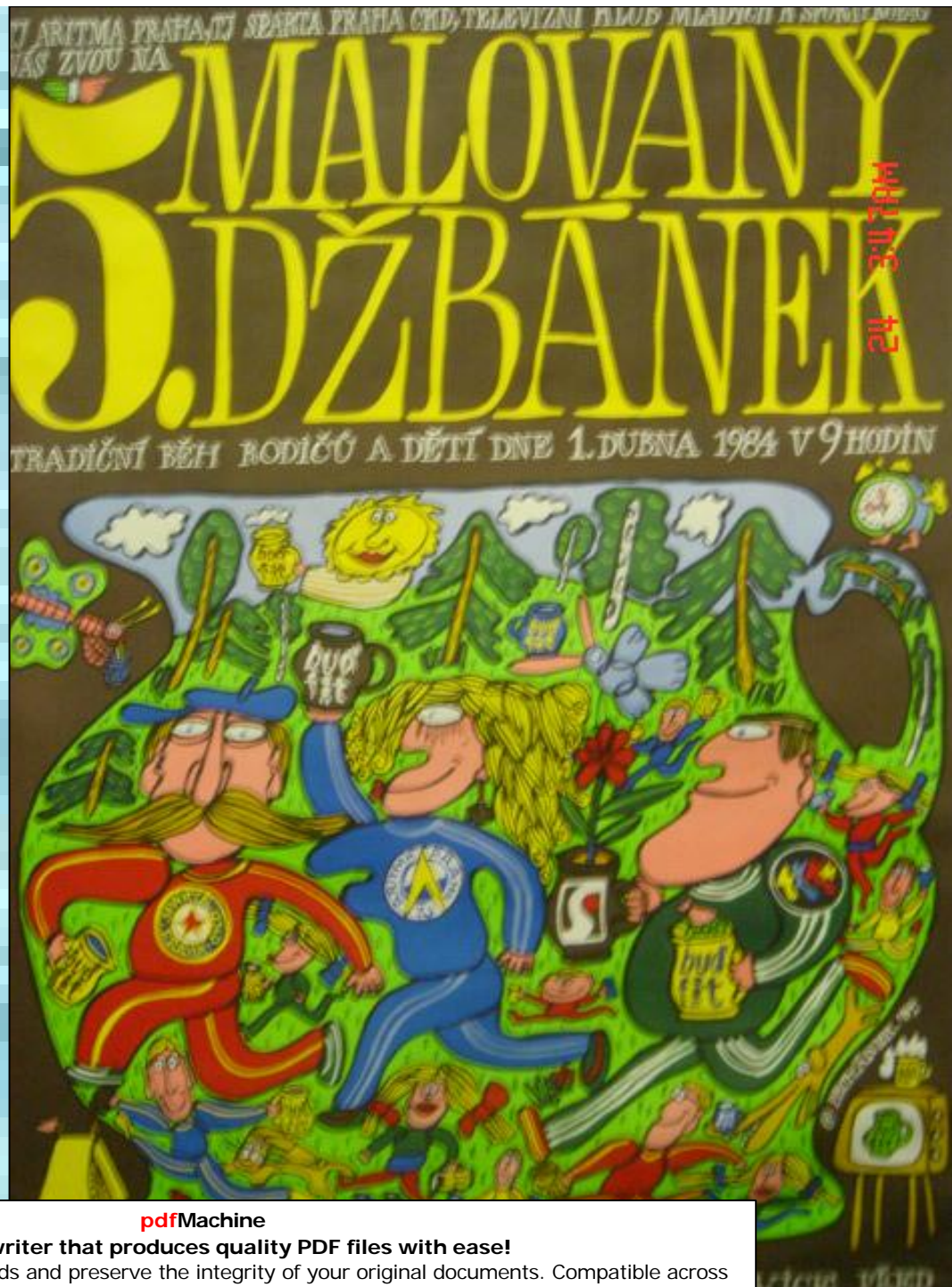


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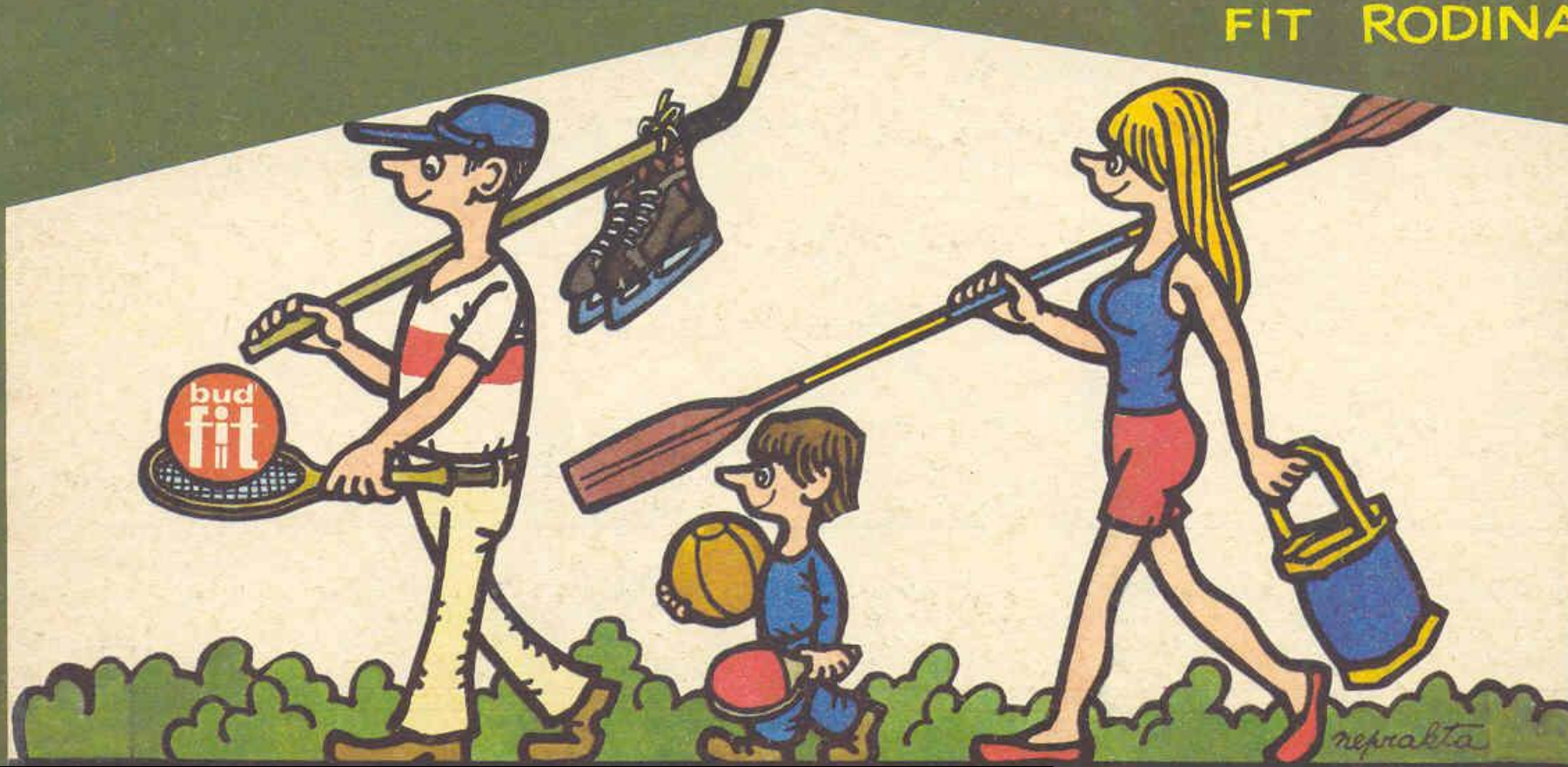
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