

# Bewegungspause



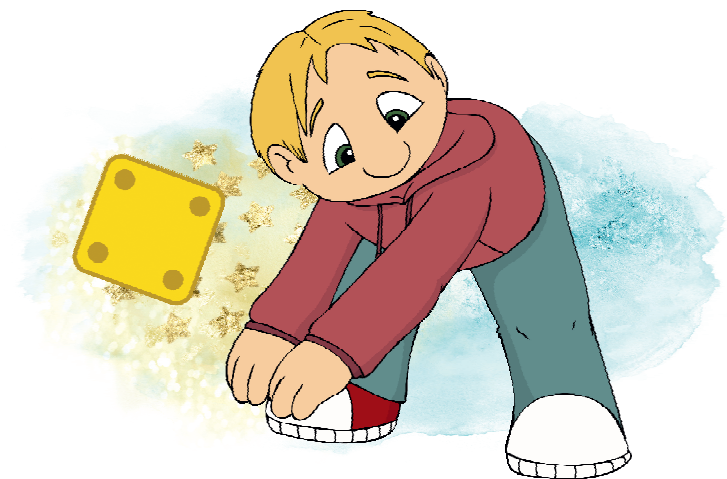
Ellbogen zum Knie



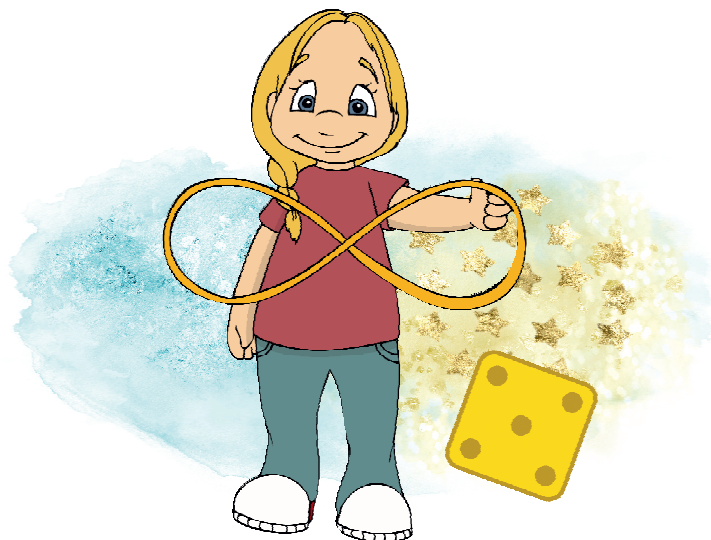
Kopfbalance



Fersengang



Arme pendeln



liegende Acht



Körperwaage