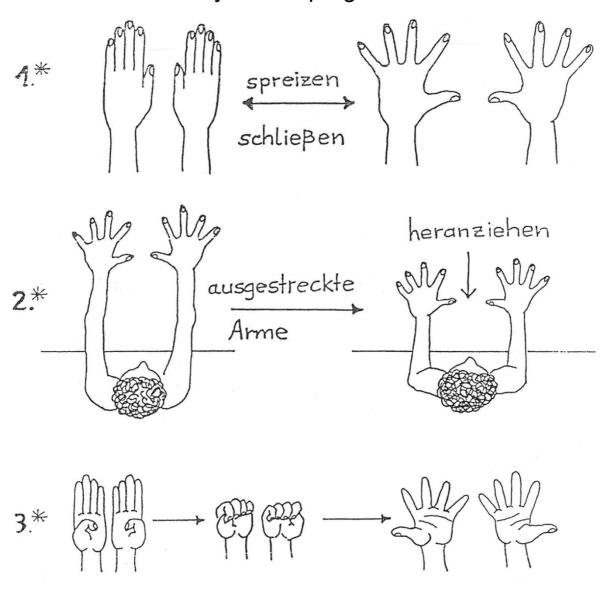
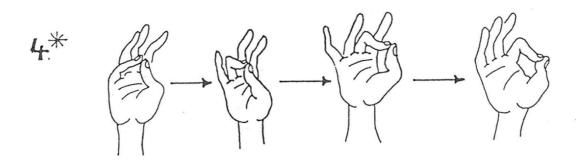
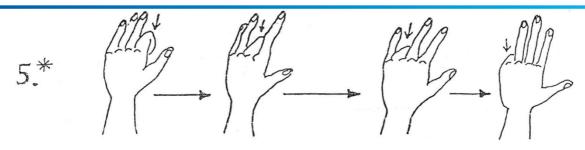
## Gymnastikprogramm

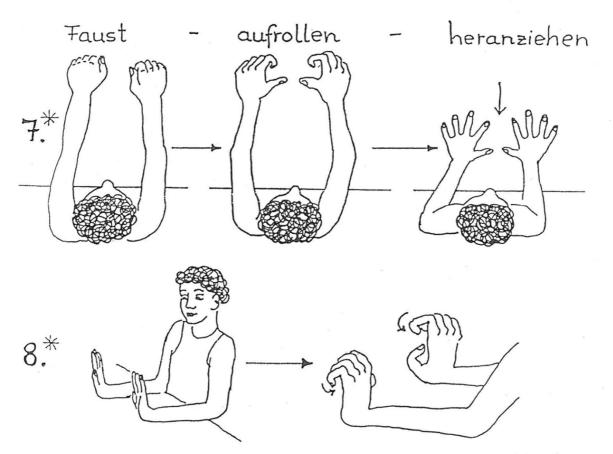


Faust fest zu

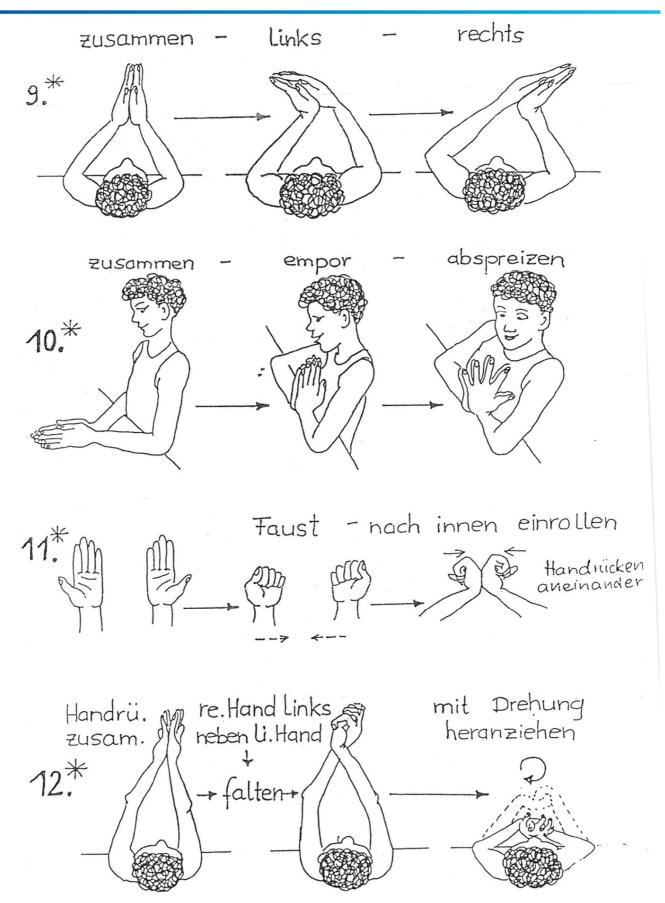


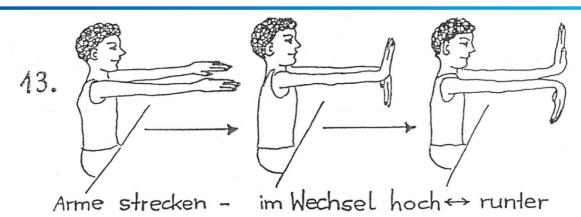




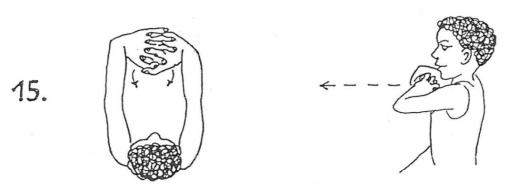


Hände nach oben - Fingerspitzen einkrallen









Faltgriff - außendrehen - heranziehen strecken

