






Mobilisierung/Dehnen (Beispiele)

#	Übung	Erklärung
1		<ul style="list-style-type: none"> ▪ lehne dein Bein an die Wand ▪ das andere Bein im 90°-Winkel abstellen ▪ langsam nach hinten lehnen ▪ die Hüfte nach vorn schieben ▪ das Gesäß anspannen
2		<p style="text-align: center;">Spiderman lunge stretch</p>
3		<p style="text-align: center;">Taube</p>
4		<p style="text-align: center;">Brust dehnen</p>
5	<div style="display: flex; align-items: center;"> <div style="background-color: #333; color: white; padding: 10px; width: 30%; font-size: 0.9em;"> <p>Front Rack Mobility Front Rack PVC Stretch</p> <ol style="list-style-type: none"> 1 Stand holding a PVC pipe 2 Move one arm into front rack position, with the PVC behind the shoulder 3 Gently rotate the arm out, using the bottom hand to assist in the motion 4 Once a stretch or limitation is felt, hold 1-2 seconds while performing deep breathing cycles 5 No pain should be felt, do not push excessively </div>  </div>	<p style="text-align: center;">Front rack stretch</p>