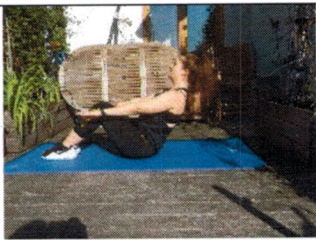
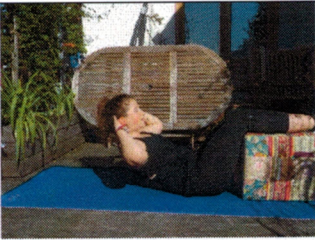
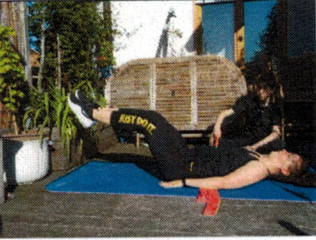
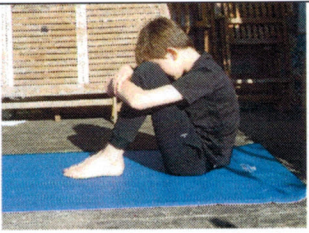
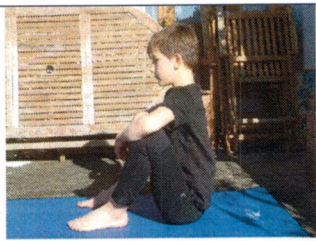
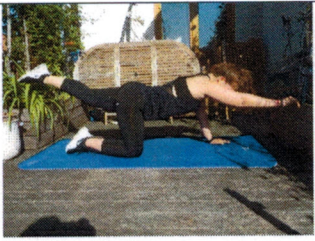
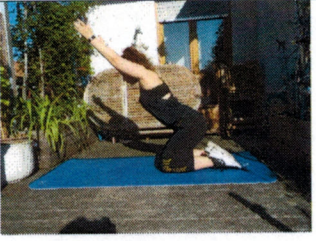
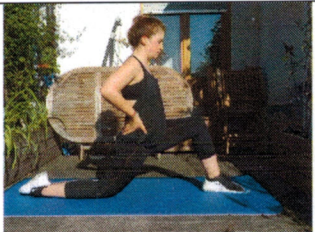
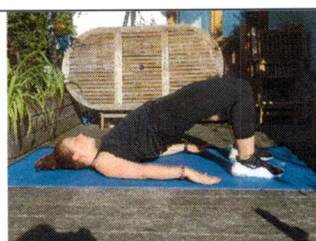
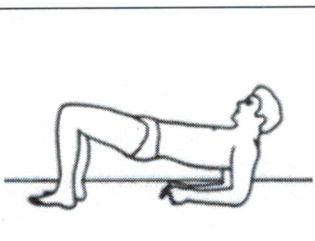
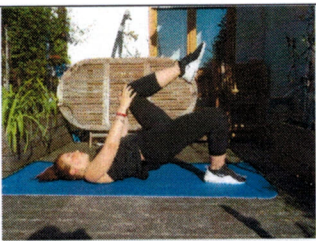




SCHWIMM-ABTEILUNG DER TSG 1862

WEINHEIM/BERGSTR.

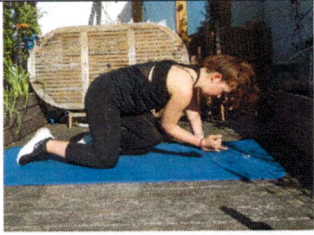


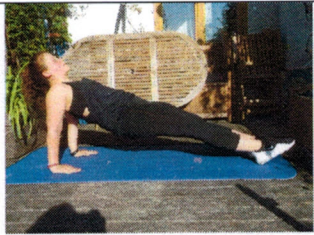

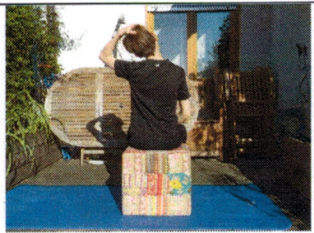
Programm 3 - Ausgleichsprogramm

Beanspruchte Muskulatur	Übungsausführung		
	leicht	mittel	schwer
Gerade Bauchmuskulatur (Kraft)			
Rückenmuskulatur (Dehnung)			
Rückenmuskulatur (Kraft)			
Hüftbeugemuskulatur (Dehnung)			
Gesäßmuskulatur (Kraft)			



SCHWIMM-ABTEILUNG DER TSG 1862

WEINHEIM/BERGSTR.

Programm 3 - Ausgleichsprogramm			
Beanspruchte Muskulatur	Übungsausführung		
	leicht	mittel	schwer
Mobilisation (allgemein)			
Stabilisation (allgemein)			
Schultergürtelmuskulatur (Kraft)			
Nackelmuskulatur (Dehnung)			
Rumpfmuskulatur (Stabilisation)	