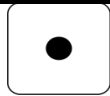


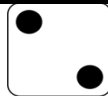
Judofüchse
vom
TSV Hordorf



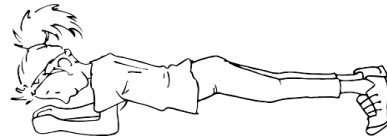
Trainingsplan 1



Hampelmann



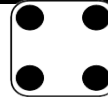
Unterarmstütz



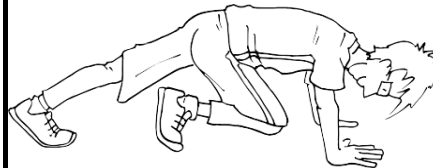
Uwe's Lieblingsübung

Mit den Füßen springen:
Seite, Mitte, Vore, Mitte, ...

Die Arme vor dem Körper:
hoch und runter bewegen



Bergsteigen



Kniebeugen



Ballwerfen



