



Gesäßmuskulatur - Übungen mit dem langen Band: Übungen 11-15



11

11. Gestrecktes Bein rückwärts

- Aufrechter Stand, einen Fuß mittig auf das TB stellen, die Enden um die Hände schlingen. Die Arme vor dem Körper leicht anheben, die Daumen zeigen nach oben.
- Das Bein rückwärts anheben (Fuß bleibt flex) (**Abb. 11**).

Erschwernis:

Zusätzlich zum Beinheben die Arme stärker anheben.



12

12. Gebeugtes Bein zur Decke

- Vierfüßlerstand. Das TB über eine Fußsohle legen, mit den Händen die Enden am Boden halten. Das Bein fast rechtwinklig anheben (Der Fuß bleibt flex, sonst rutscht das TB weg). Die Arme nicht ganz durchdrücken.
- Das gebeugte Bein weiter in Richtung Decke führen (**Abb. 12**).

Hinweis für die Übungen 12 und 13:

Das Becken gerade halten und nicht in der Hüfte ausdrehen. Beide Übungen können auch im Unterarmstand ausgeführt werden.

Fit Und Schan Mit Dem Theraband

Mirelle Dorit Herpel

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Fit Und Schan Mit Dem Theraband:

Richtig trainieren mit dem Thera-Band Mirelle Dorit Herpel, 2009 *Fitness Health Fitnessbänder Bewegungstraining*
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Table of Contents Fit Und Schan Mit Dem Theraband

1. Understanding the eBook Fit Und Schan Mit Dem Theraband
 - The Rise of Digital Reading Fit Und Schan Mit Dem Theraband
 - Advantages of eBooks Over Traditional Books
2. Identifying Fit Und Schan Mit Dem Theraband
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fit Und Schan Mit Dem Theraband
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fit Und Schan Mit Dem Theraband
 - Personalized Recommendations
 - Fit Und Schan Mit Dem Theraband User Reviews and Ratings
 - Fit Und Schan Mit Dem Theraband and Bestseller Lists
5. Accessing Fit Und Schan Mit Dem Theraband Free and Paid eBooks

- Fit Und Schan Mit Dem Theraband Public Domain eBooks
- Fit Und Schan Mit Dem Theraband eBook Subscription Services
- Fit Und Schan Mit Dem Theraband Budget-Friendly Options
- 6. Navigating Fit Und Schan Mit Dem Theraband eBook Formats
 - ePub, PDF, MOBI, and More
 - Fit Und Schan Mit Dem Theraband Compatibility with Devices
 - Fit Und Schan Mit Dem Theraband Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fit Und Schan Mit Dem Theraband
 - Highlighting and Note-Taking Fit Und Schan Mit Dem Theraband
 - Interactive Elements Fit Und Schan Mit Dem Theraband
- 8. Staying Engaged with Fit Und Schan Mit Dem Theraband
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fit Und Schan Mit Dem Theraband
- 9. Balancing eBooks and Physical Books Fit Und Schan Mit Dem Theraband
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fit Und Schan Mit Dem Theraband
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fit Und Schan Mit Dem Theraband
 - Setting Reading Goals Fit Und Schan Mit Dem Theraband
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fit Und Schan Mit Dem Theraband
 - Fact-Checking eBook Content of Fit Und Schan Mit Dem Theraband
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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