



Athletische Grundausbildung im Skilanglauf



Arme - Beine - Schultern

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1 Seilspringen



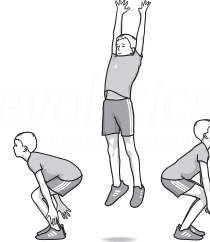
#9180

2 Box Taps



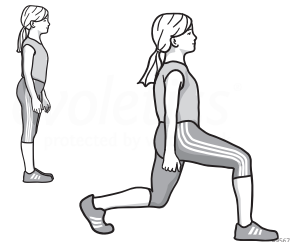
#9014

3 Drehsprung 180



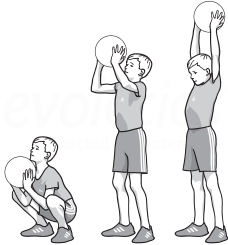
#9003

4 Ausfallschritt



#9007

5 Medizinball Thruster



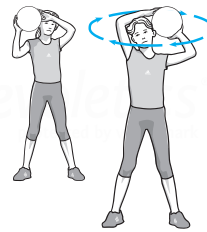
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6 Touch and Hop



#9007

7 Kopfkreisel



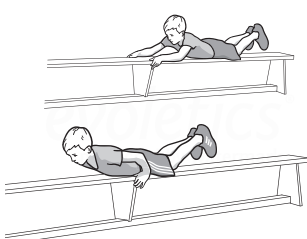
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8 Kopfstand



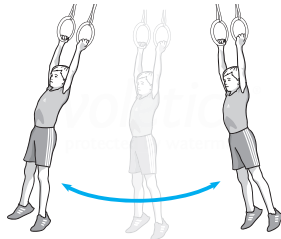
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9 Robbenrutsche



#9018

10 Pendel



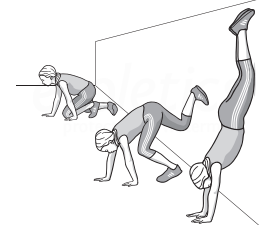
#9057

11 Skin the Cat



#9013

12 Wall Walks



#9184