



# Athletische Grundausbildung im Skilanglauf

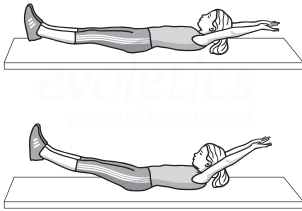


Stabilisation Rumpfmuskulatur



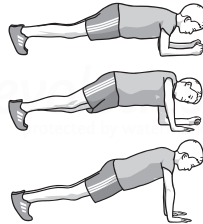
# Stabilisation Rumpfmuskulatur

1 Schiffchen



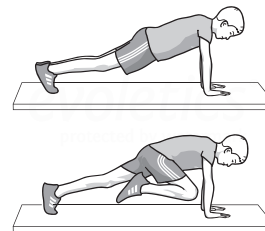
#9570

2 Plank Liegestütze



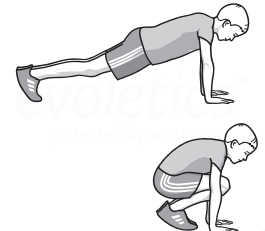
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3 Bergsteiger



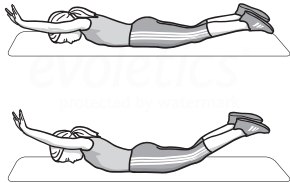
#9571

4 Klappmessersprünge



#9583

5 Superman



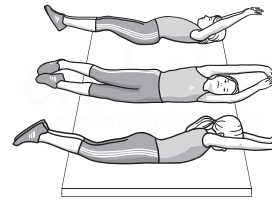
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6 Kreisverkehr (Ball kreisen)



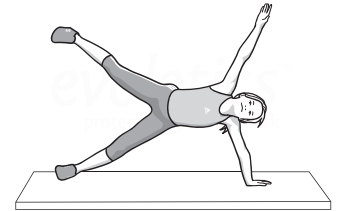
#9617

7 Supermanrolle



#9595

8 Seestern



#9592

9 Krabbenkicks



#9605

10 Skorpion



#9635

11 Raupe



#9640

12 Krokodil



#9643