



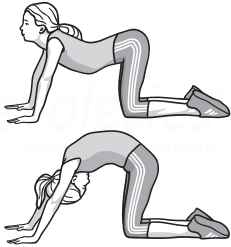
# Athletische Grundausbildung im Skilanglauf



Beweglichkeit und Partnerübungen

# Beweglichkeit und Partnerübungen

1 Katzenbuckel



#9175

2 Dreiecke



#9100

3 Hohe Brücke



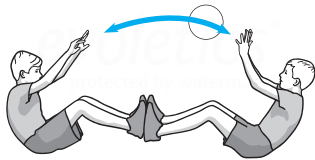
#9120

4 Entengang



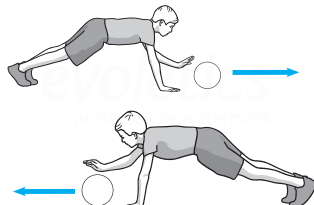
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5 Käferball



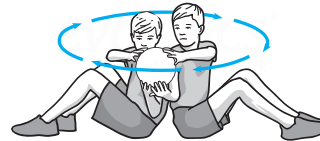
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6 Raupenball



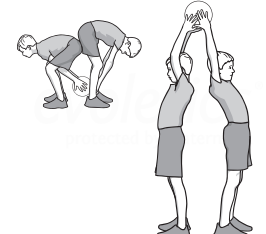
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7 Planetenumlaufbahn



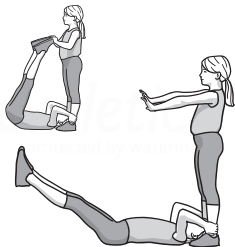
#9120

8 Riesenrad



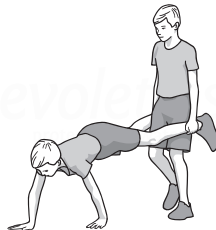
#9132

9 Wilder Scheibenwischer



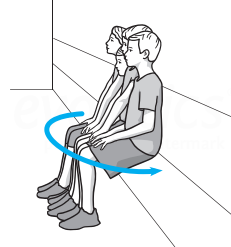
#9121

10 Schubkarre



#9125

11 Tunnelwand



#9130

12 Plank and Hop



#9134