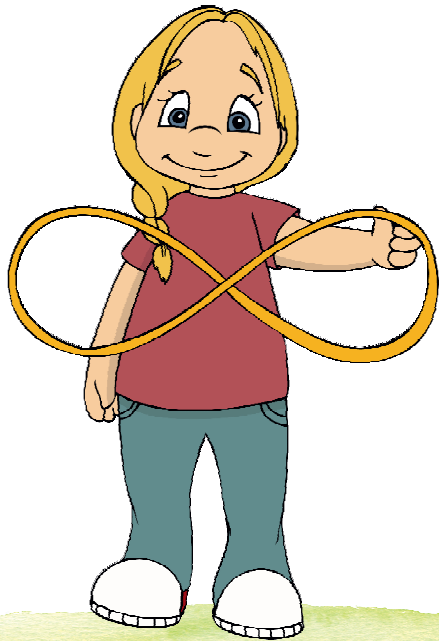
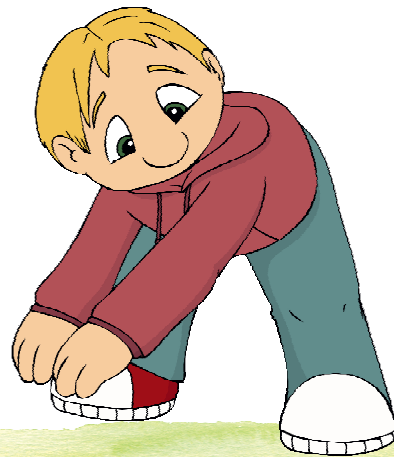


# Kurze Bewegungspausen

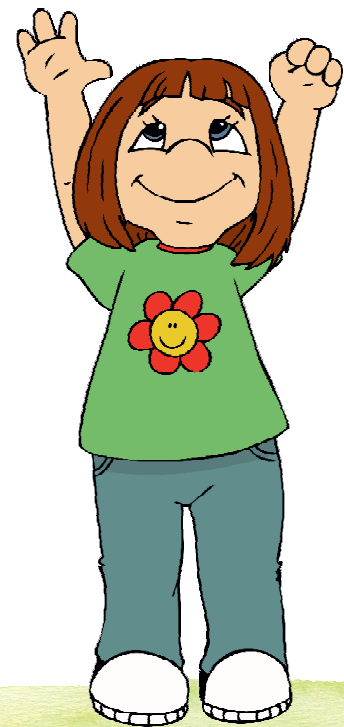
für zwischendurch



liegende Acht



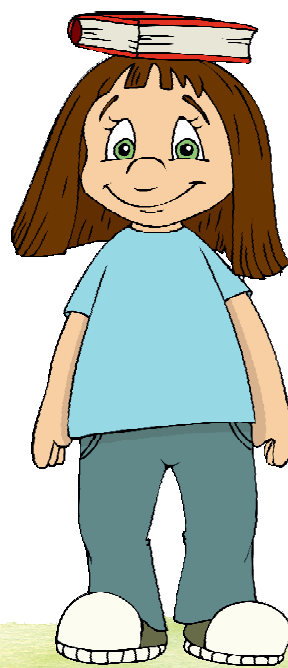
Hände zum Fuß



recken + strecken



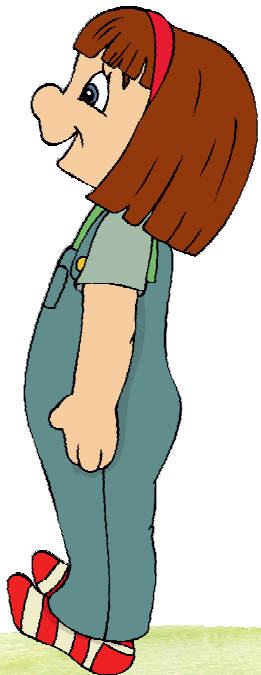
Ellbogen zum Knie



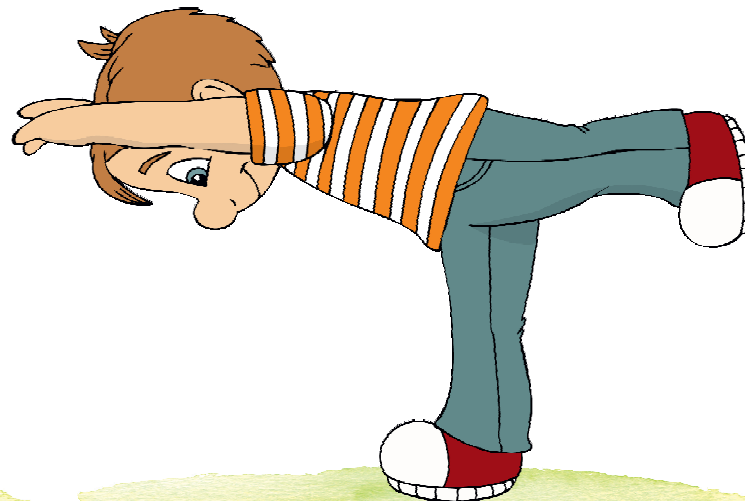
Kopfbalance



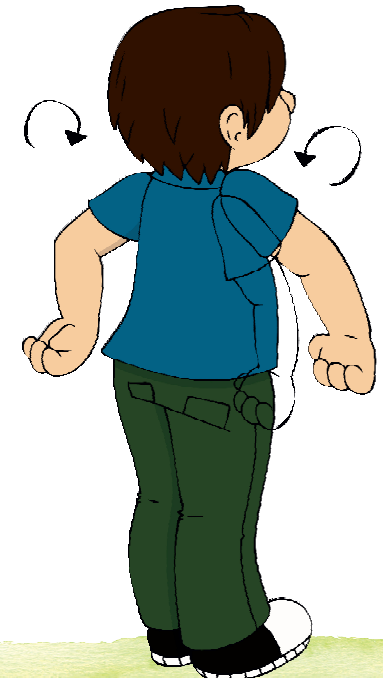
Körper ausschütteln



Fersengang



Körperwaage



Schultern kreisen