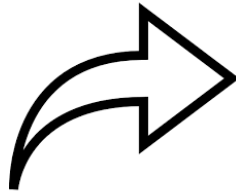
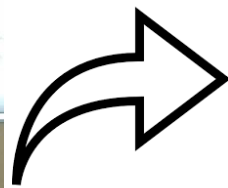


Schulter / Nacken

1. Hände schieben



2. Butterfly



3. Nacken-Dehnung

