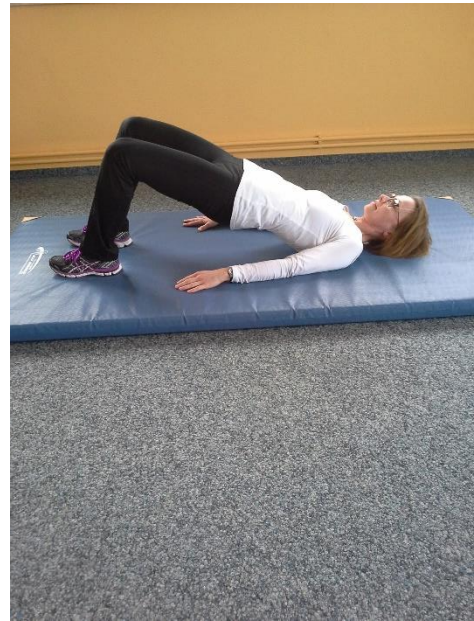
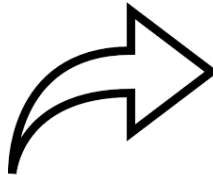
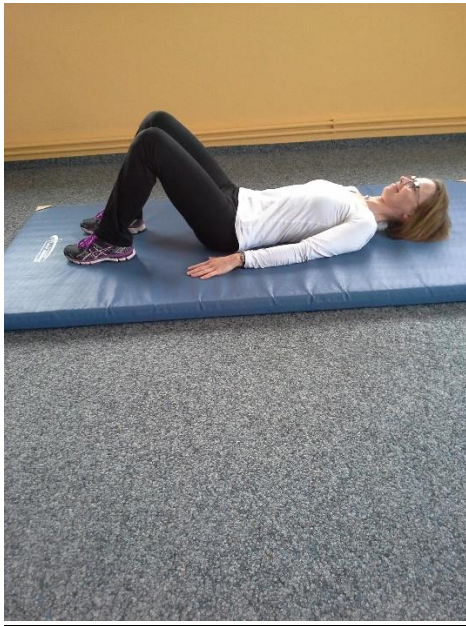
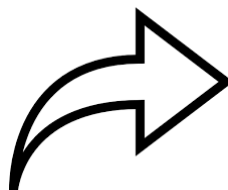
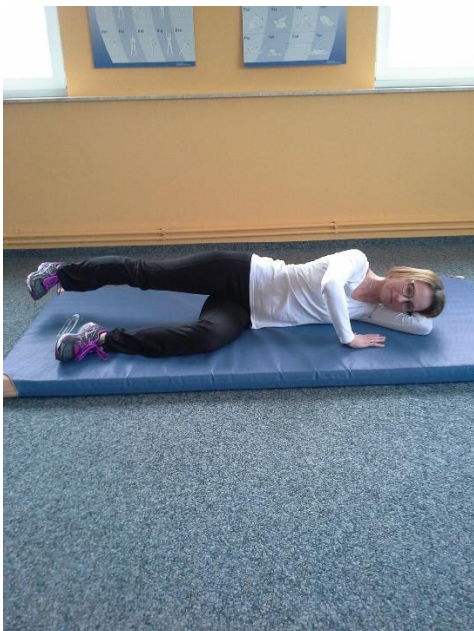


Hüftstabilisation

1. Brücke



2. Bein-Abspreizen in Seitlage



3. Einbein-Stand

