

**Nach dem Aufstehen:** 1 bis 2 Minuten dehnen, dasselbe vor dem Schlafengehen

**Am Vormittag und am Nachmittag:** 3 x 30 Sekunden dehnen

**Sport:** vor und nach dem Sport 2 bis 3 Minuten dehnen – auf die verkürzte, angespannte Muskulatur konzentrieren

**Quando ti svegli la mattina:** stretching per 1 a 2 minuti, la stessa cosa prima di coricarsi

**Al mattino e nel pomeriggio:** 3 x 30 secondi di stretching

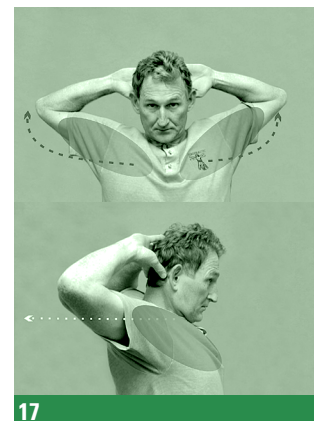
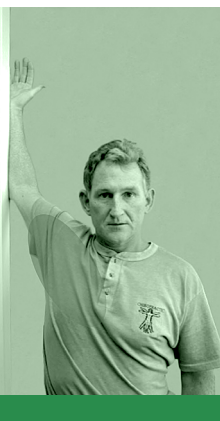
**Sport:** prima e dopo lo sport stretching per 2 fino a 3 minuti – concentrarsi sempre sulle posizioni tese.

**Waking up:** Stretch from 1 to 2 minutes when waking up and before going to bed

**Morning and afternoon:** also stretch 3 x 30 seconds

**Sport:** Stretch from 2 to 3 minutes before and after sports – always concentrate more on the tight positions when stretching.

**EXTRA Übungen Esercizi Exercises**



UNTERKÖRPER CORPO INFERIORE LOWER BODY STRETCHING



1



2



3



4



5



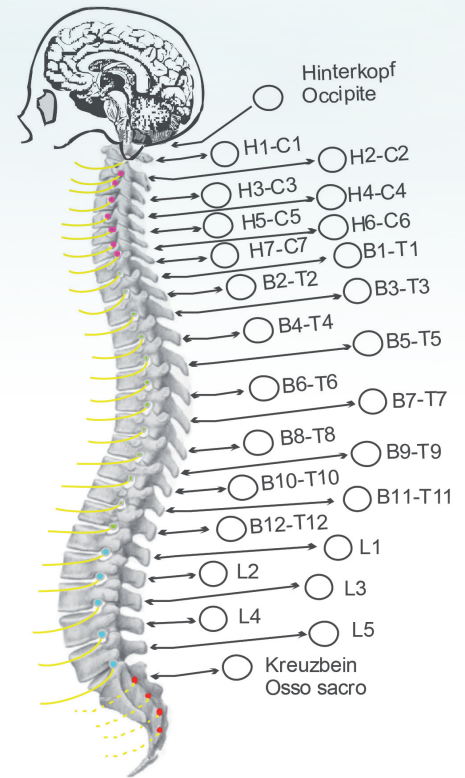
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EXTRA Übungen Esercizi Exercises



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Tägliches Stretching

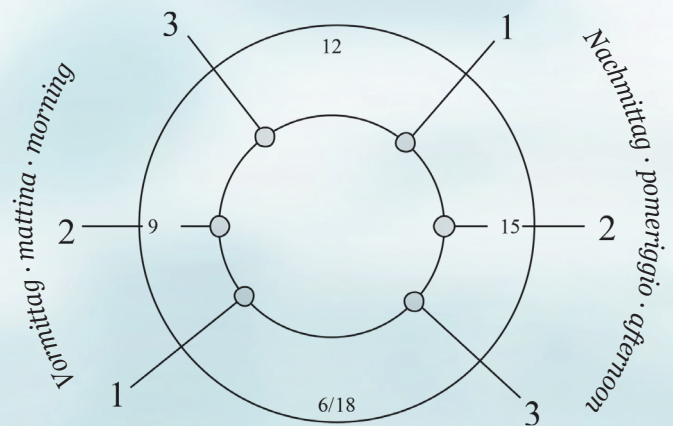
Am Vormittag und am Nachmittag 3 x 30 Sekunden dehnen

Stretching quotidiano

3 x 30 secondi di stretching al mattino e nel pomeriggio

Daily Stretching

Stretch 3 x 30 seconds, morning and afternoon



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