



## Bleiben Sie fit mit FlexiFit auch 2016

Für jeden Monat eine neue Übung!

Wirbelsäule strecken



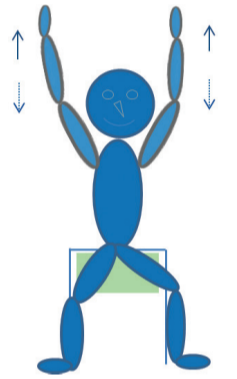
Nacken stärken



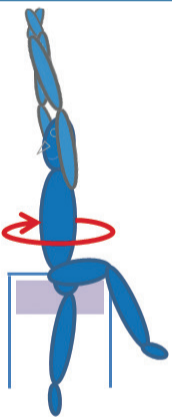
Oberschenkel dehnen



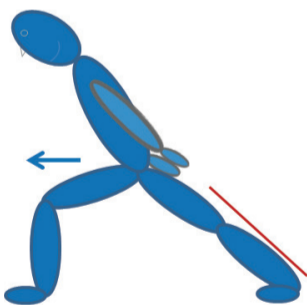
Schultern stärken



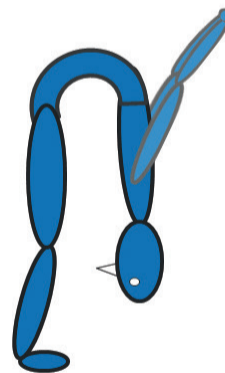
Oberkörper dehnen



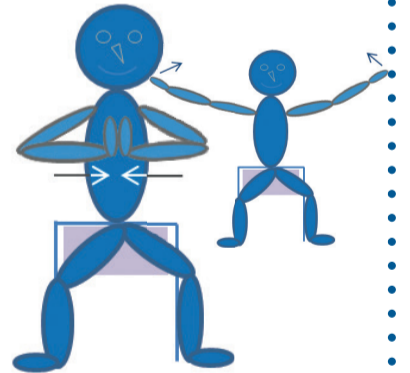
Waden dehnen



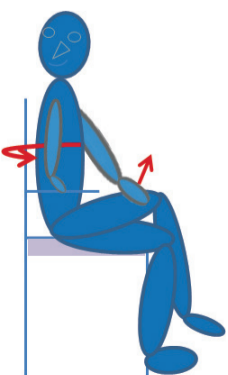
sich fallen lassen



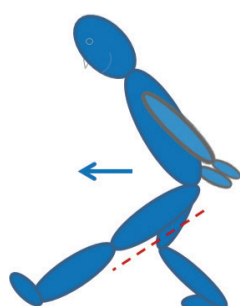
Brustmuskeln dehnen/kraftigen



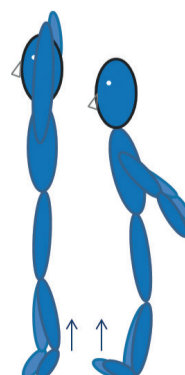
im Sitzen rotieren



hintere Oberschenkel dehnen



Spitze/Hacke wippen



Augen entspannen

