

>> PRE-EXERCISES

> Handwalk



> Spiderman



> World's Greatest



> Sumo Squat to Stand / + Rotation



> Kneehug /+ Rotation



> Lunge Walk /+ Rotation



> Skorpion RL



> Skorpion BL



> 90-90-Stretch/ Sweep



> Dog Up/ Dog Down



> Hüftrollen



> Hüftrollen 90°



> Toe Touch



> Standwaage

