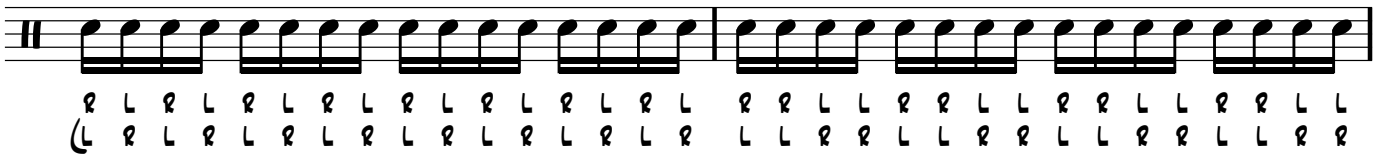
BEWEGUNG AUS DEM HANDGELENK - FULLSTROKES

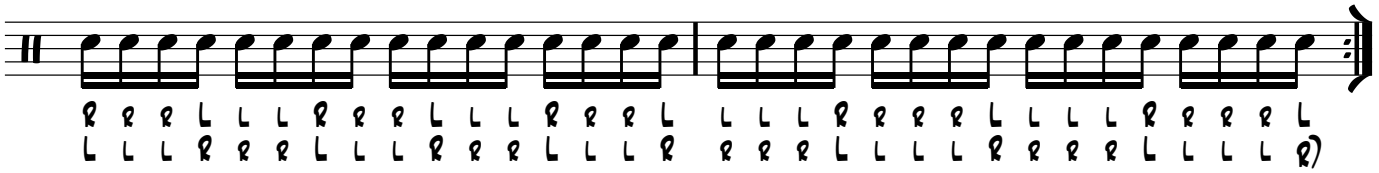
WARM UP - EXERCISE - ADVANCED

L.GRIESE

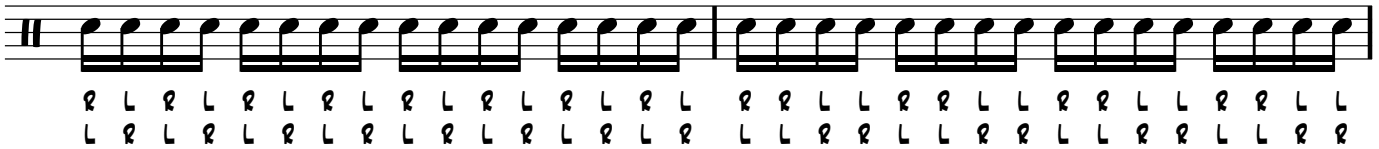
1+2+3+4 - OHNE WECHSEL DER FÜHGRUNGSHAND



3



5 *1+2+3+4+5+6 - MIT WECHSEL DER FÜHGRUNGSHAND*



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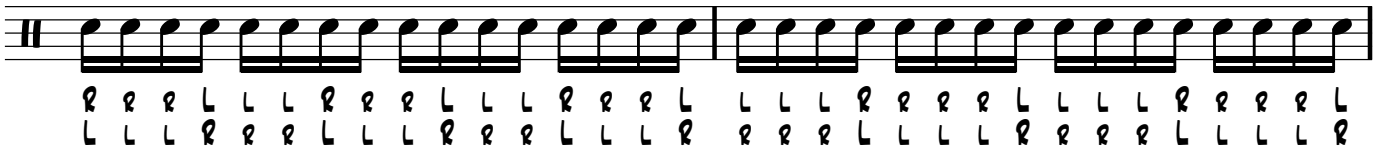

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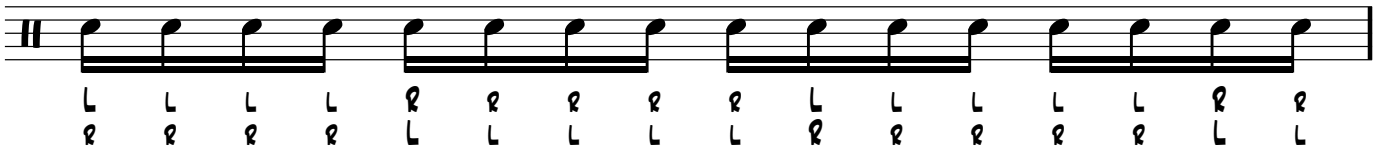
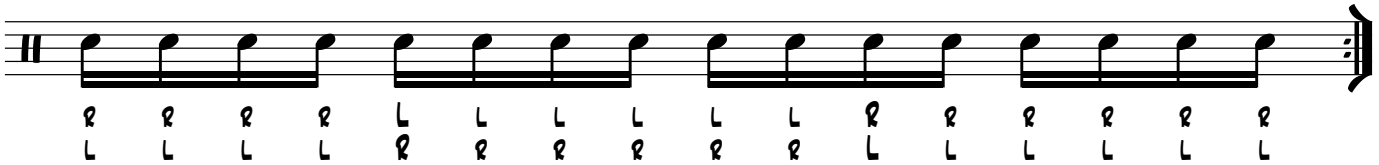
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