

Ausgangshaltung
Übergangshaltung

Variation
Muskel

„Grundhaltung Sitz am Ball“

Strecken Sie ein Bein zur Seite und neigen Sie den Oberkörper mit geradem Rücken in Richtung des gestreckten Beins, Foto 49, 50
Die Hüfte am Hinterkopf, Foto 51
Das Bein wird durchgestreckt.
Die Dehnung der hinteren Oberschenkelmuskulatur soll spürbar sein.



Foto 49



Foto 50



Foto 51

Ausgangshaltung
Übergangshaltung
Muskel

Variation

„Grundhaltung Sitz am Ball“

Strecken Sie ein Bein zur Seite und drücken Sie das Knie zum Boden, Foto 52
Die Dehnung der Beinaußenseite (Adduktoren) soll spürbar sein.
Das Bein wird durchgestreckt.
Das Bein wird zur Seite gestreckt und der Oberkörper zur Seite geneigt.
Foto 53, 54
Die Dehnung der Beinaußenseite (Adduktoren) und der seitlichen Rumpfmuskulatur soll spürbar sein.



Foto 52



Foto 53



Foto 54

Ausgangshaltung
Übergangshaltung
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„Grundhaltung Sitz am Ball“

Strecken Sie ein Bein nach hinten, Foto 55, 56
Den Oberkörper aufrecht halten.
Die Dehnung der Hüftbeugemuskulatur soll spürbar sein.



Foto 55



Foto 56

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