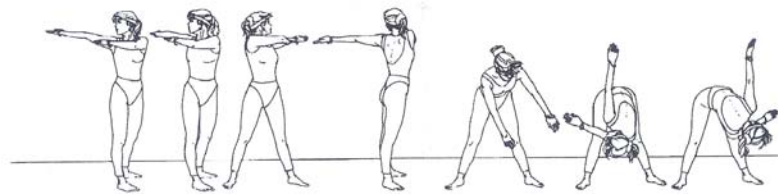
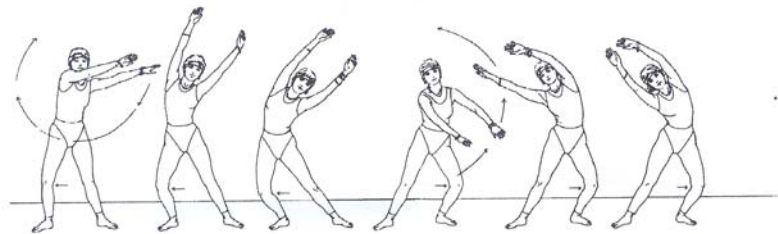
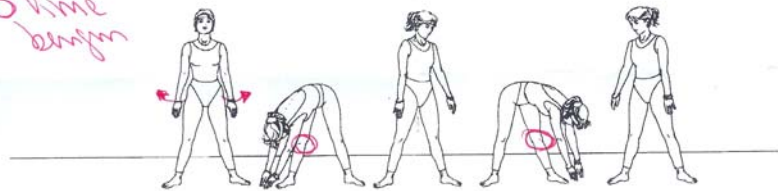


Okine
begin



8

te Arm in Bein auf
Beide Seiten 5x5sek
te Arm in Bein gehalt
hochhalten 1x5sek.

Handgelenke

