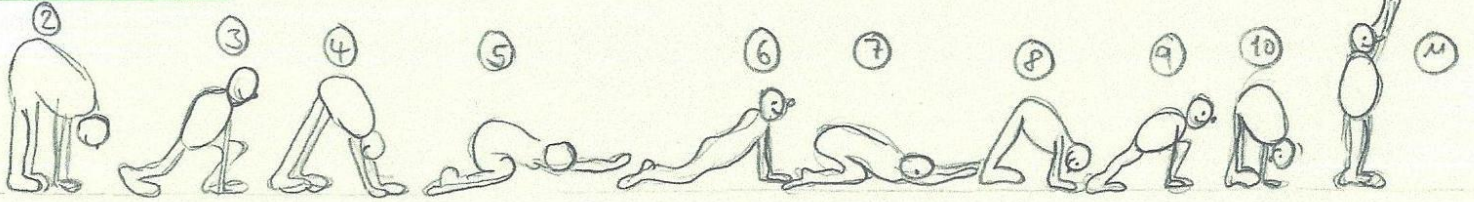




# Beckenbodentraining für Zuhause

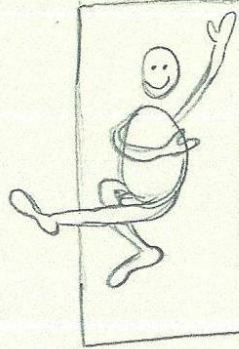
## 1. INTRO



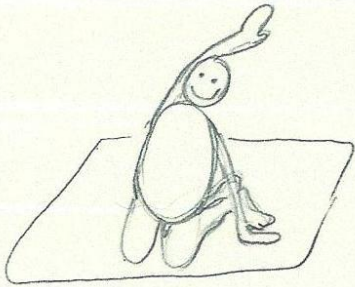
## 2. Öffnungsübungen



4er-Dehnung

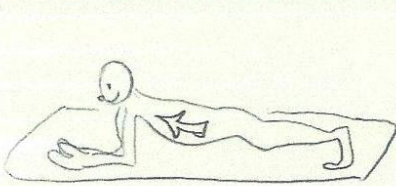


Drehdehnlagerung

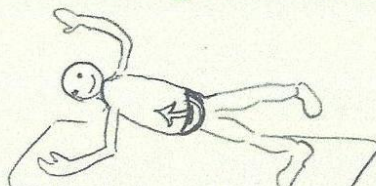


Flankendehnung

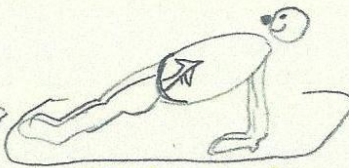
## 3. Stabilisationsübungen mit Beckenbodenanspannung



gerade Bauchmuskeln



schräge Bauchmuskeln



Rückenstrecker und Gesäßmuskeln

## 4. Extro

