

Das Beckenbodentraining

WARM UP	ÜBUNG	SÄTZE	DAUER	MODUS	FREQUENZ	AMPLITUDE	PAUSE
1	½ SQUAT	1	30sec	TILT	18Hz	0.6mm	60sec
ÜBUNG							
2	BRÜCKE 90°	1	30sec	TILT	18Hz	1.0mm	60sec
3	UNTERARM-LIEGESTÜTZ KNIEND	1	30sec	FLAT	25Hz	0.4mm	60sec
4	ZEHENSTAND BEIDBEINIG	1	30sec	TILT	18Hz	1.0mm	60sec
5	SEITLICHE BRÜCKE	1	30sec	FLAT	25Hz	0.4mm	60sec
6	SIT UPS	1	30sec	FLAT	25Hz	0.4mm	60sec
COOL DOWN							
7	DEHNEN HÜFTBEUGERMUSKULATUR	1	30sec	FLAT	25Hz	0.2mm	60sec
8	DEHNEN GESÄßMUSKULATUR	1	30sec	FLAT	25Hz	0.2mm	60sec