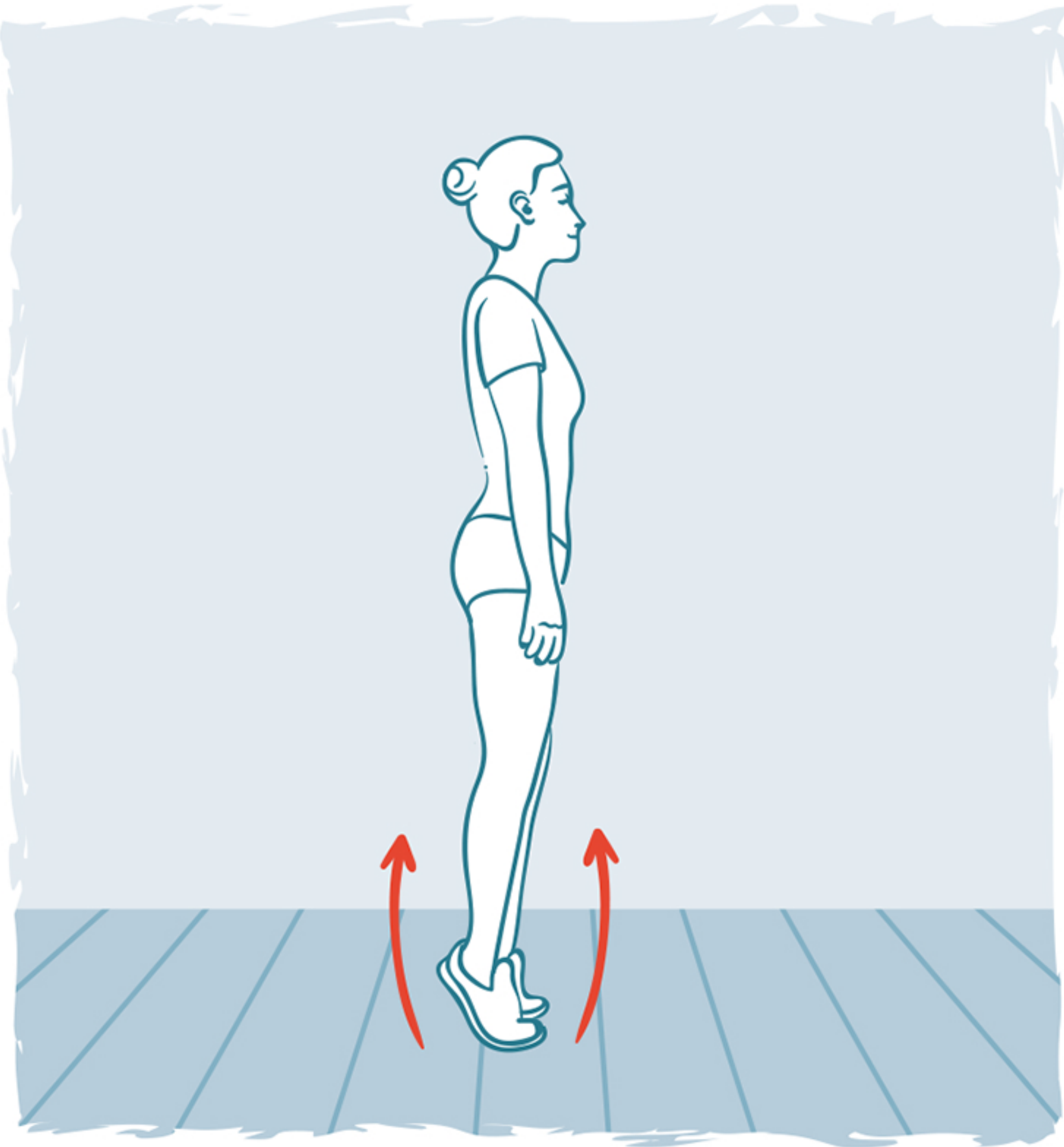
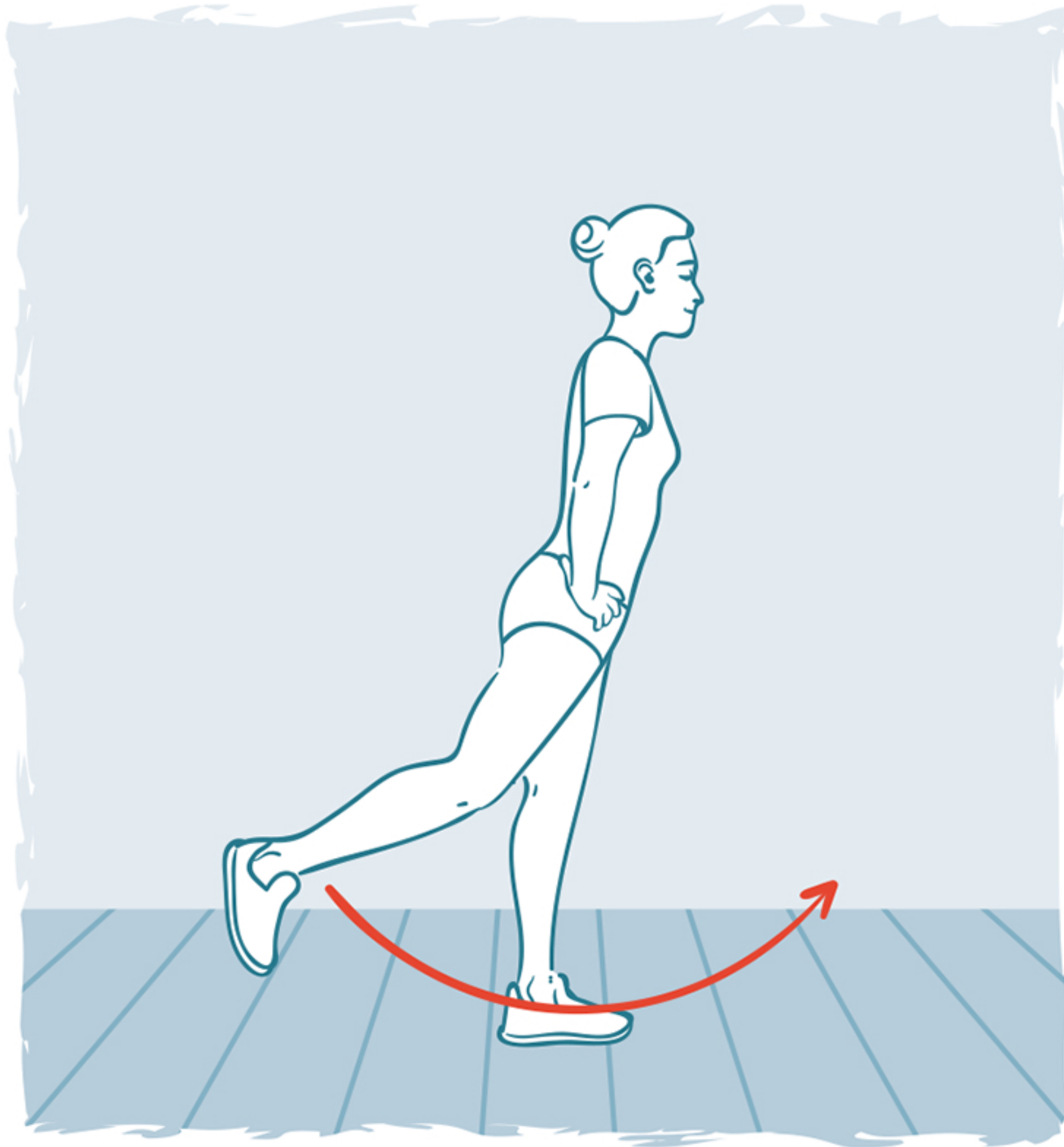


# PRIMUS Gymnastikprogramm

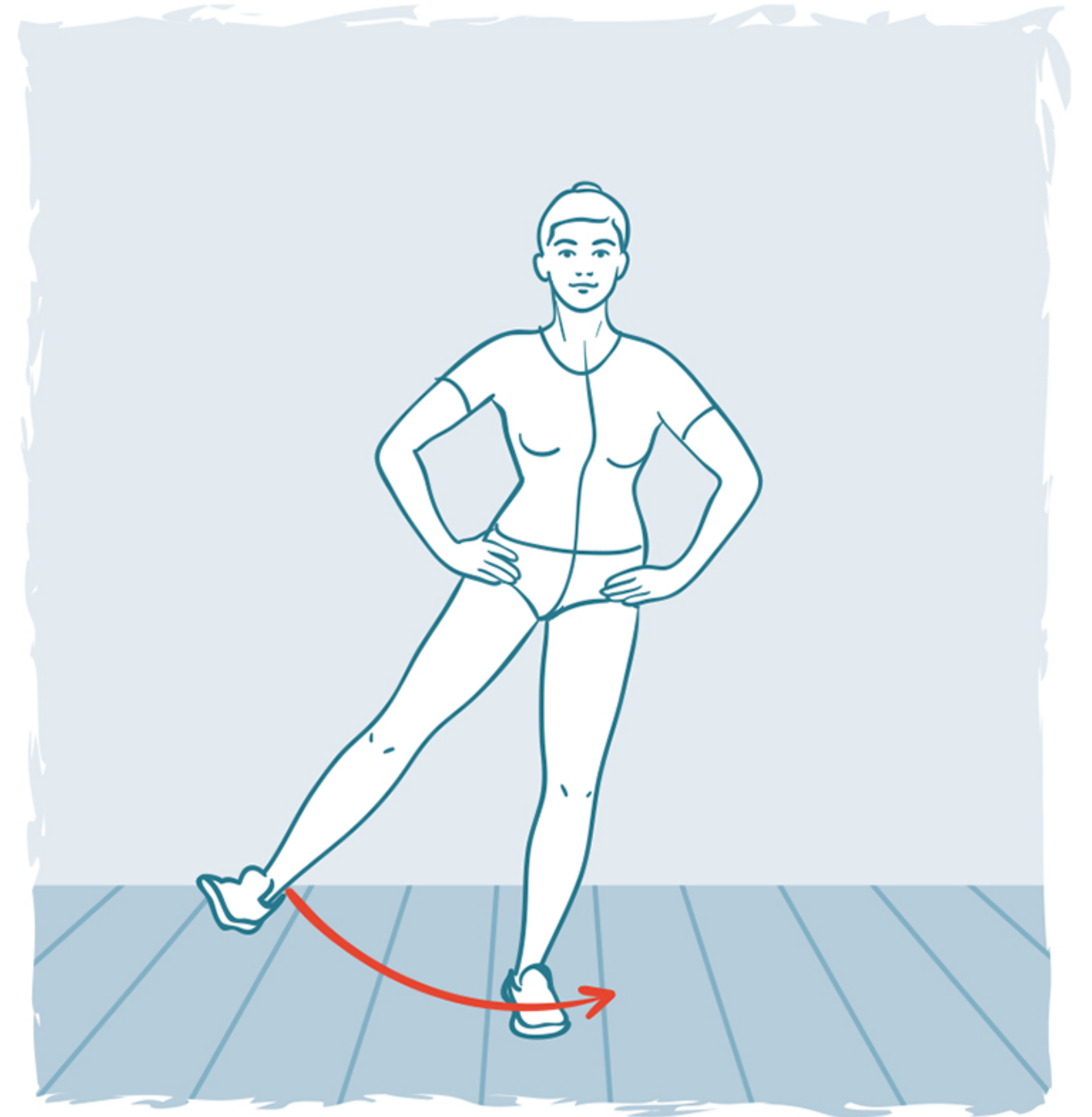
1. Fersen auf und ab



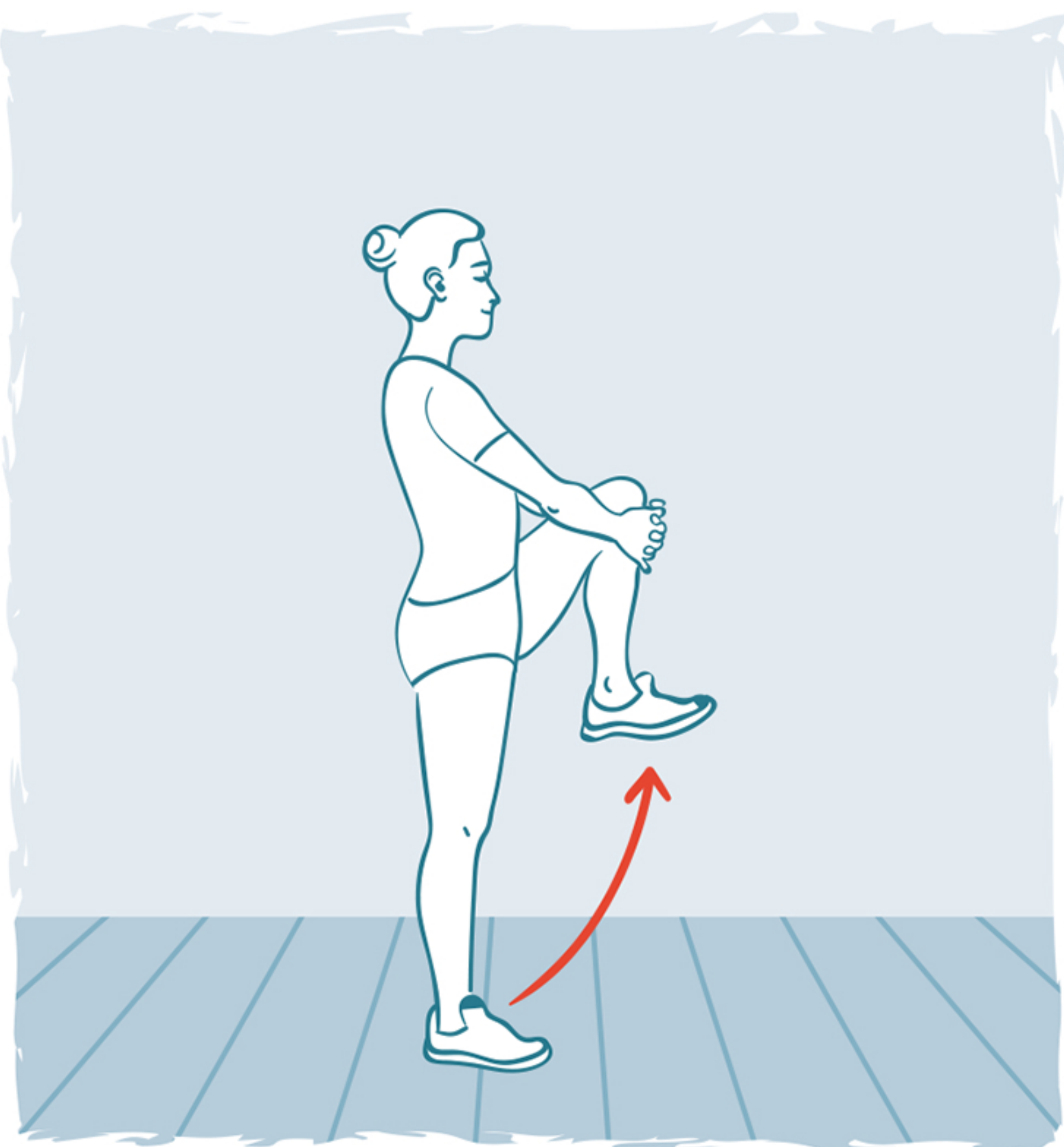
2. Bein schwingen



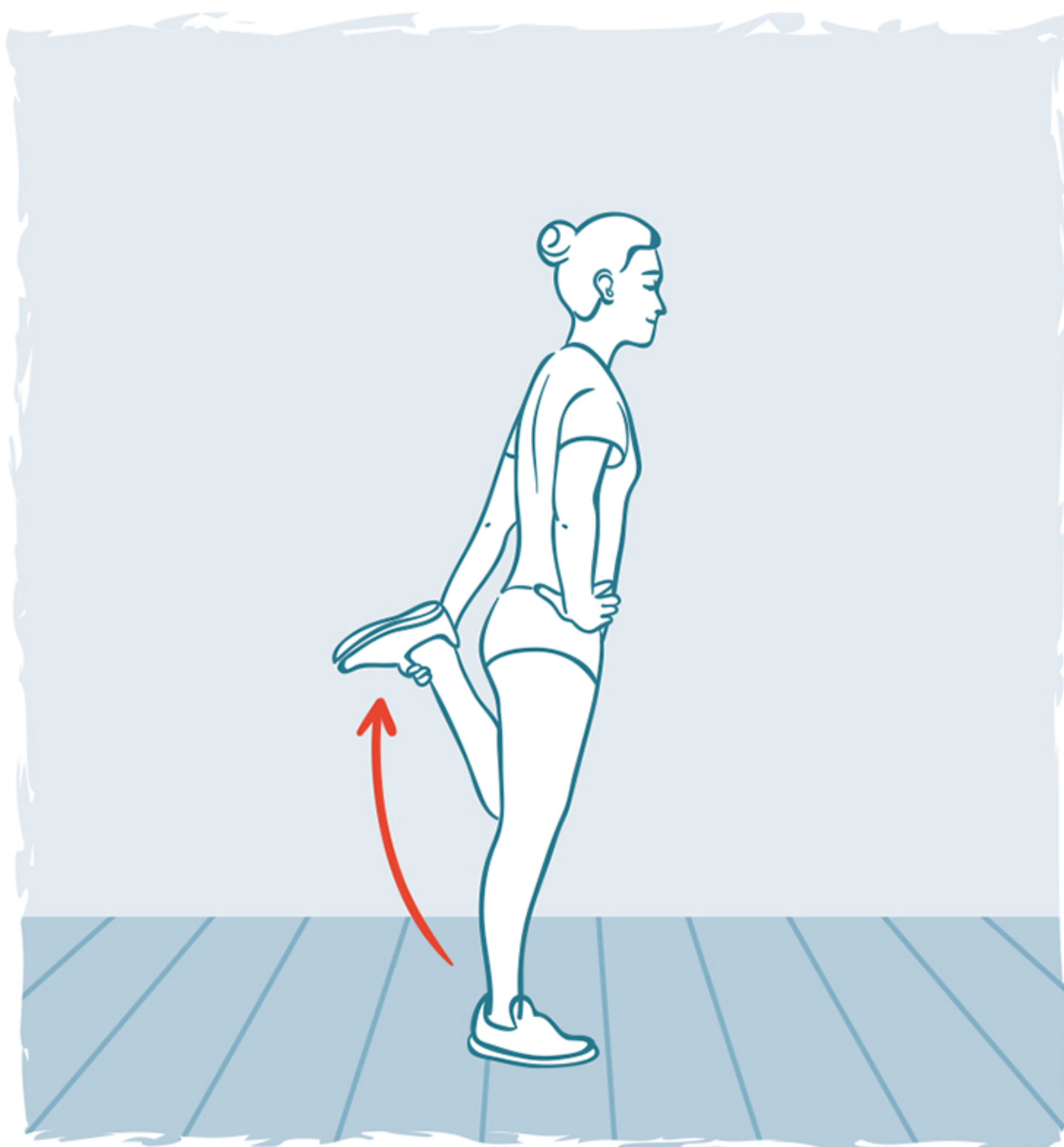
3. Bein pendeln



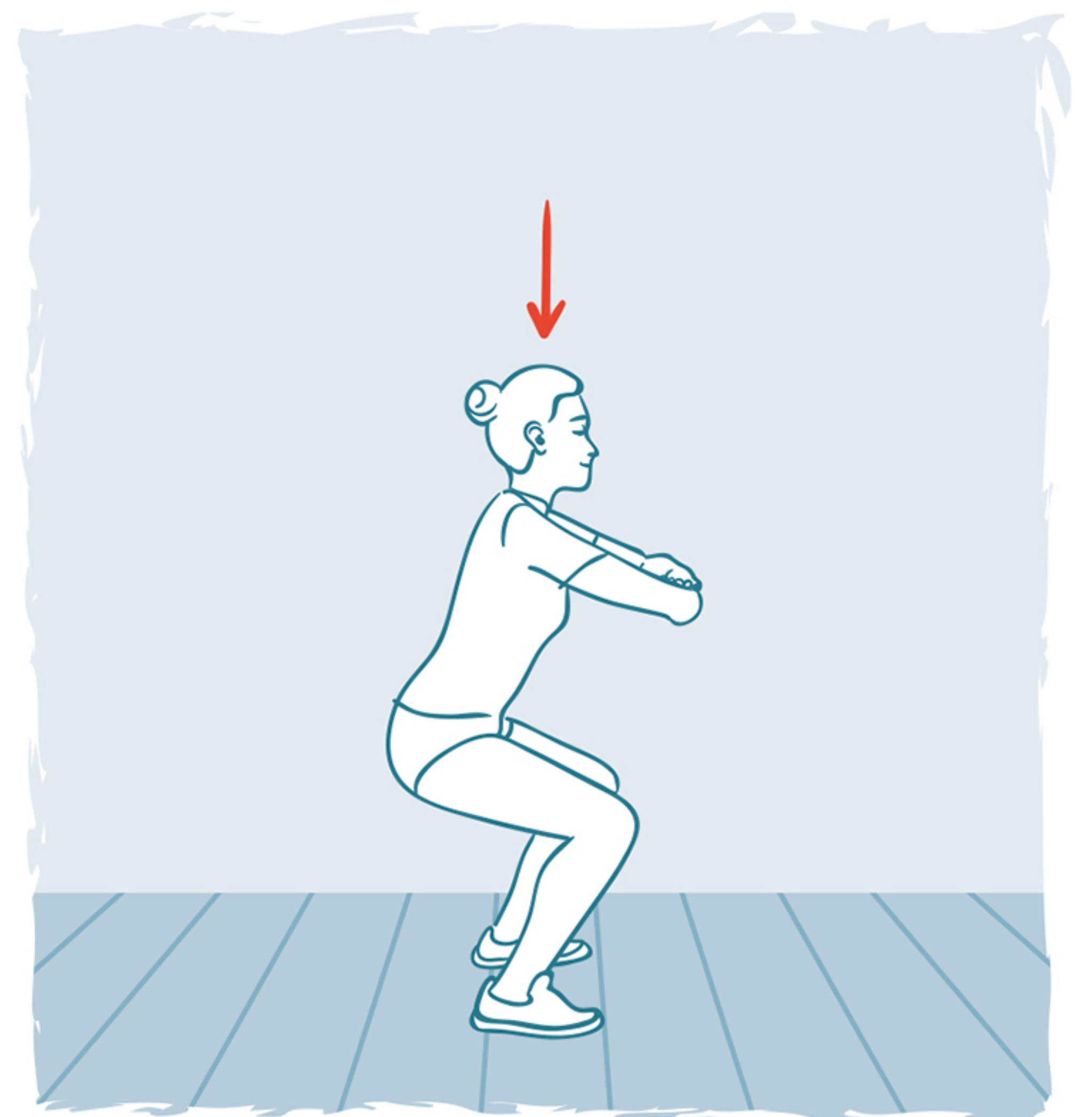
4. Knie hochziehen



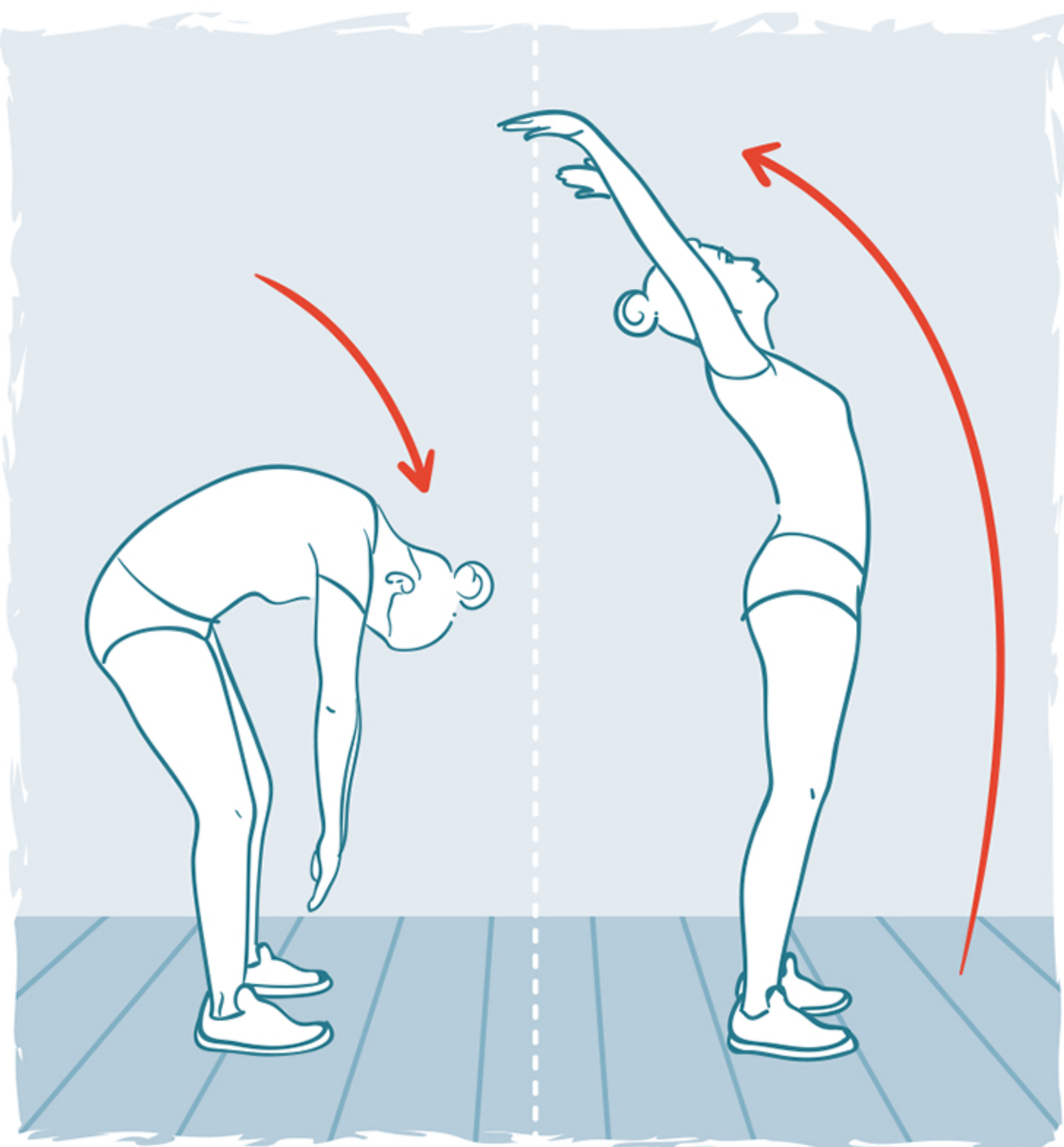
5. Ferse heranziehen



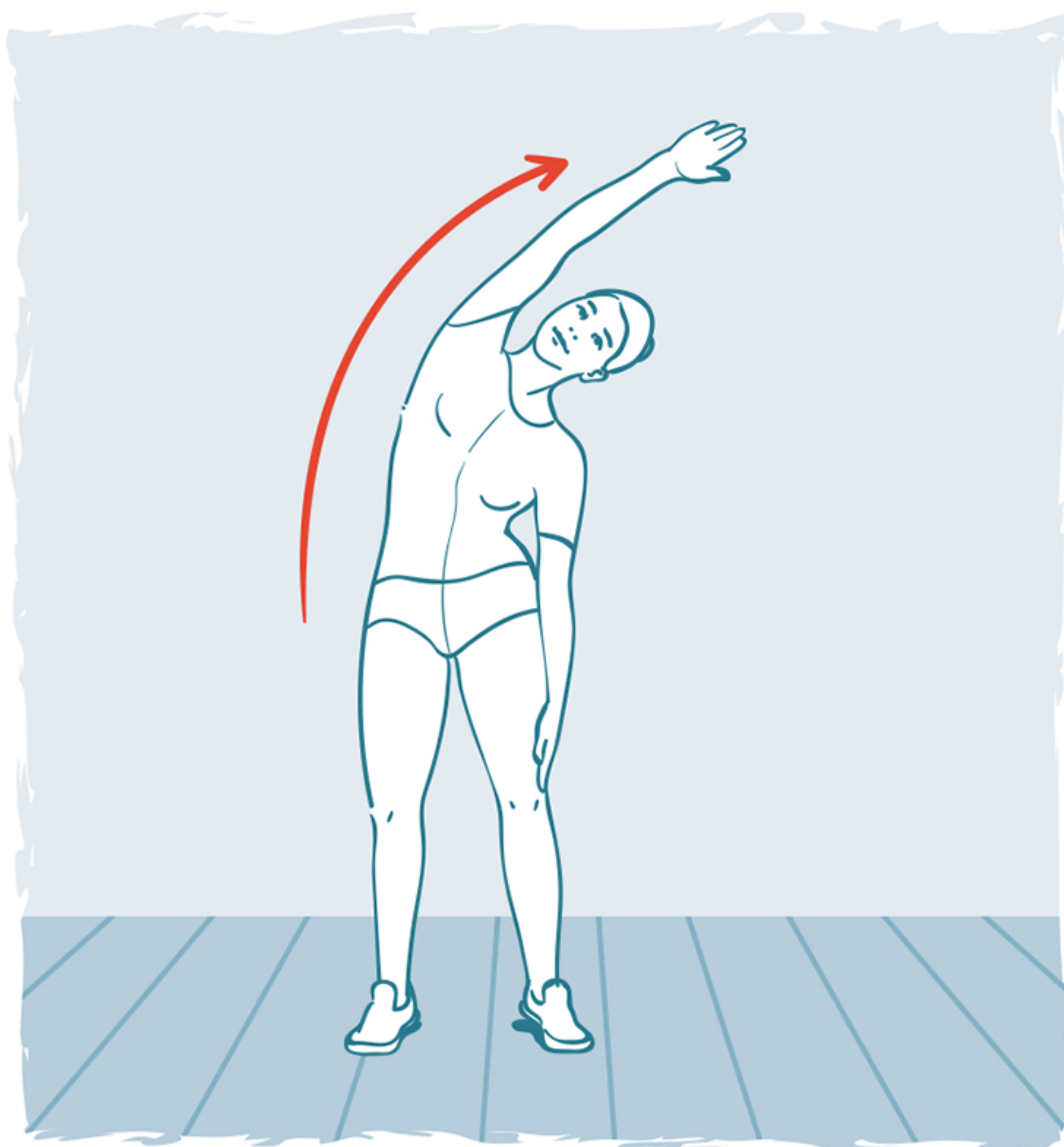
6. Kniebeuge



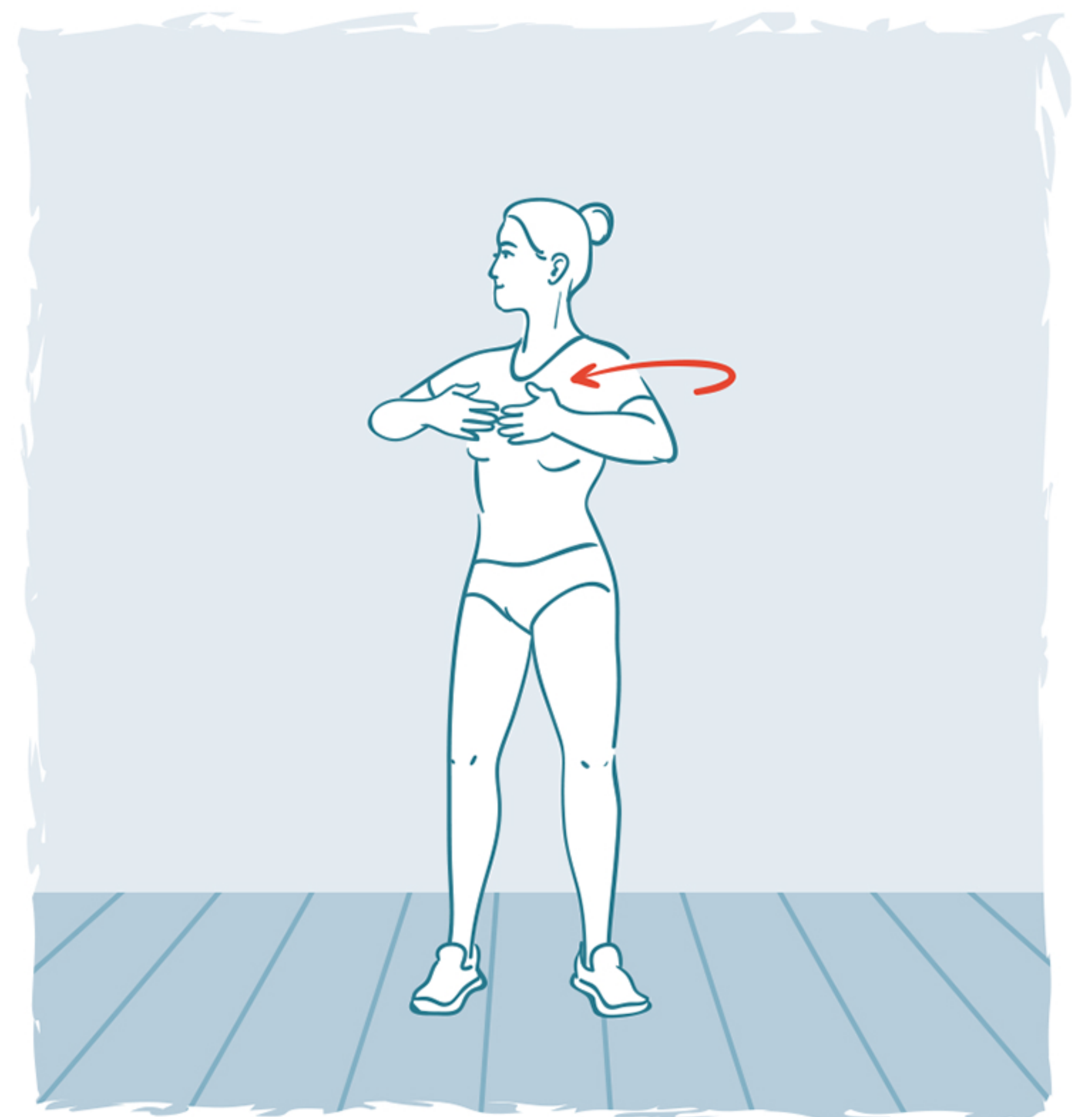
7. Beugen und strecken



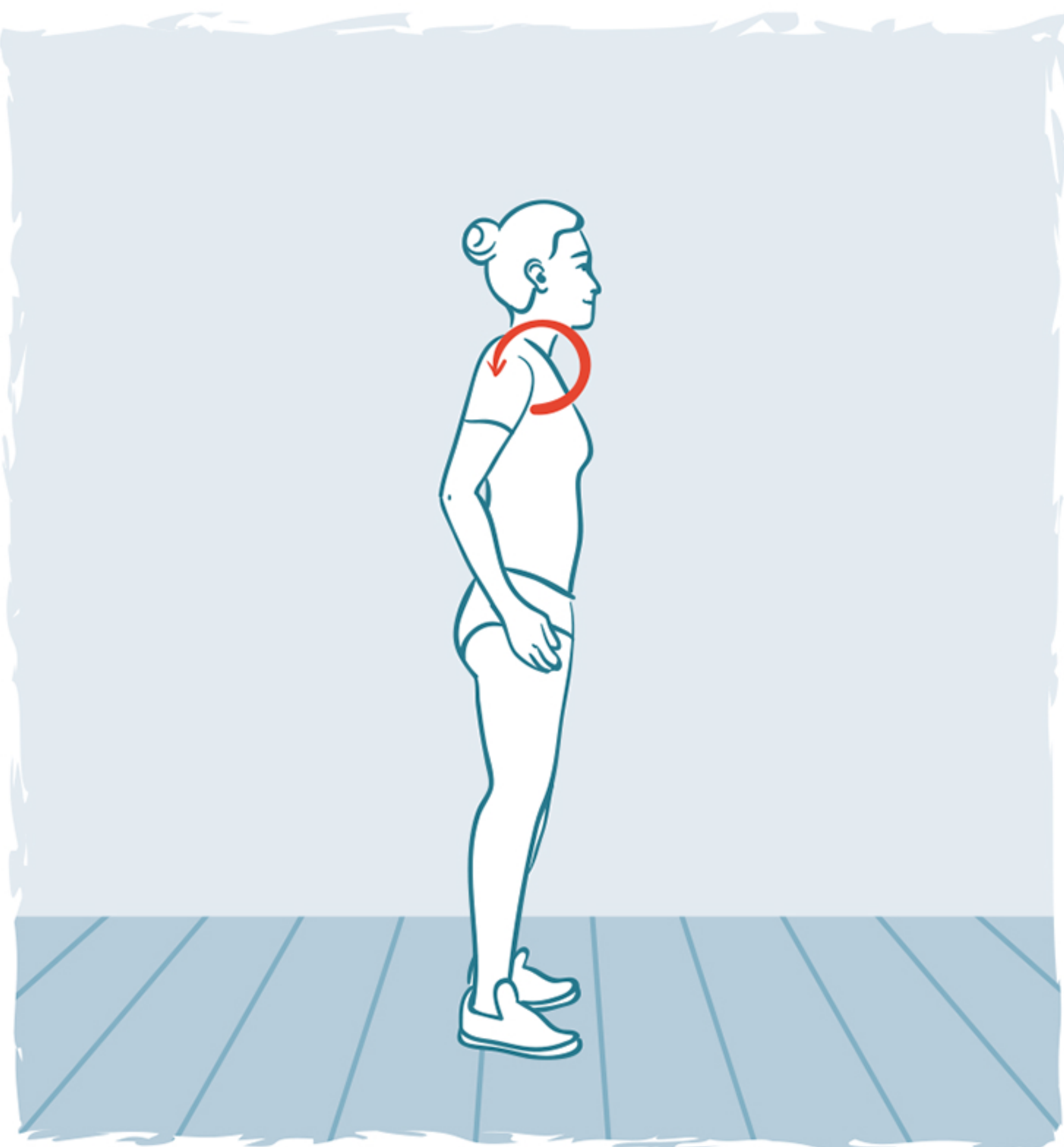
8. Zur Seite neigen



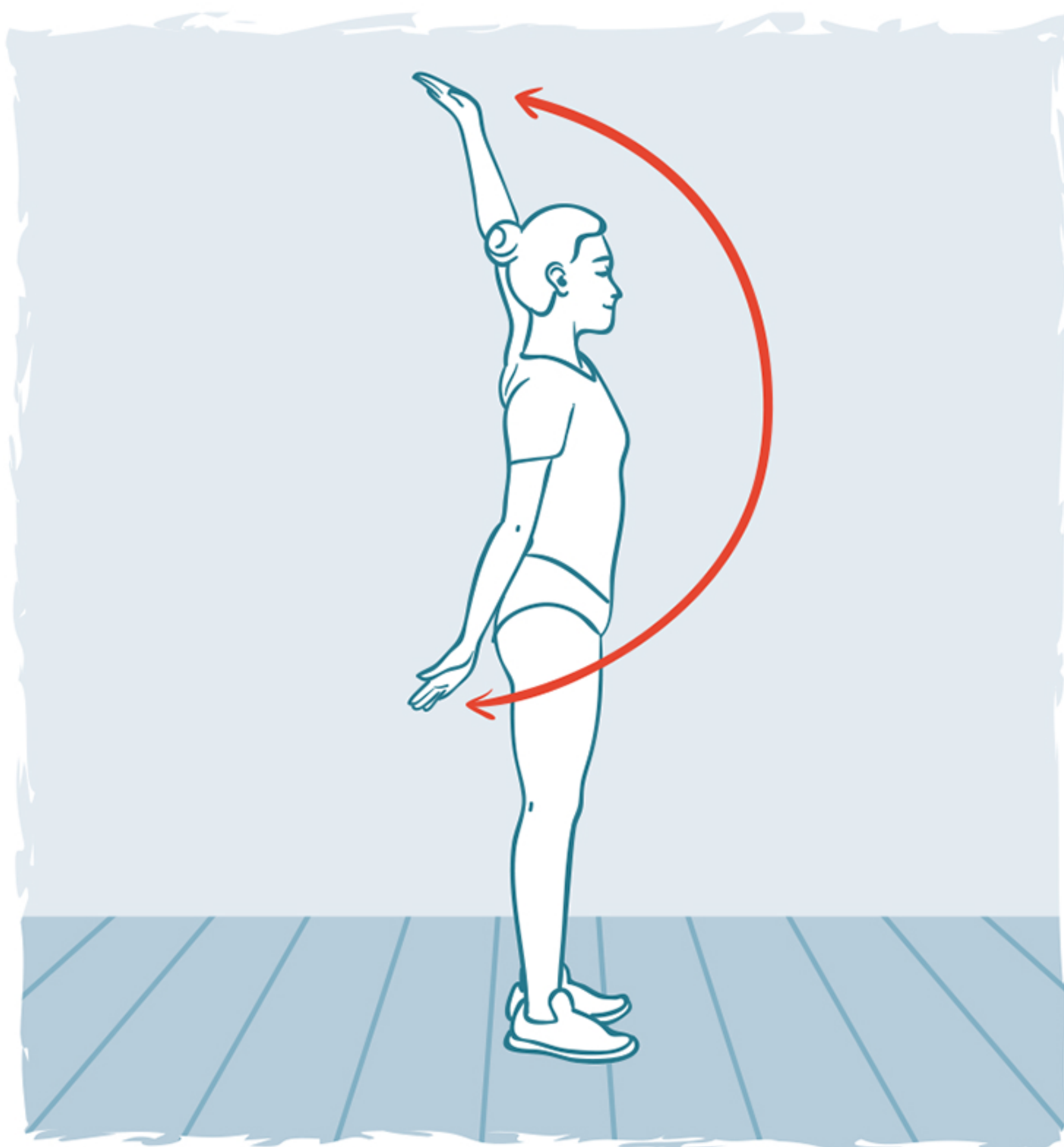
9. Oberkörper drehen



10. Schultern kreisen



11. Arme nach hinten



12. Kopf drehen

