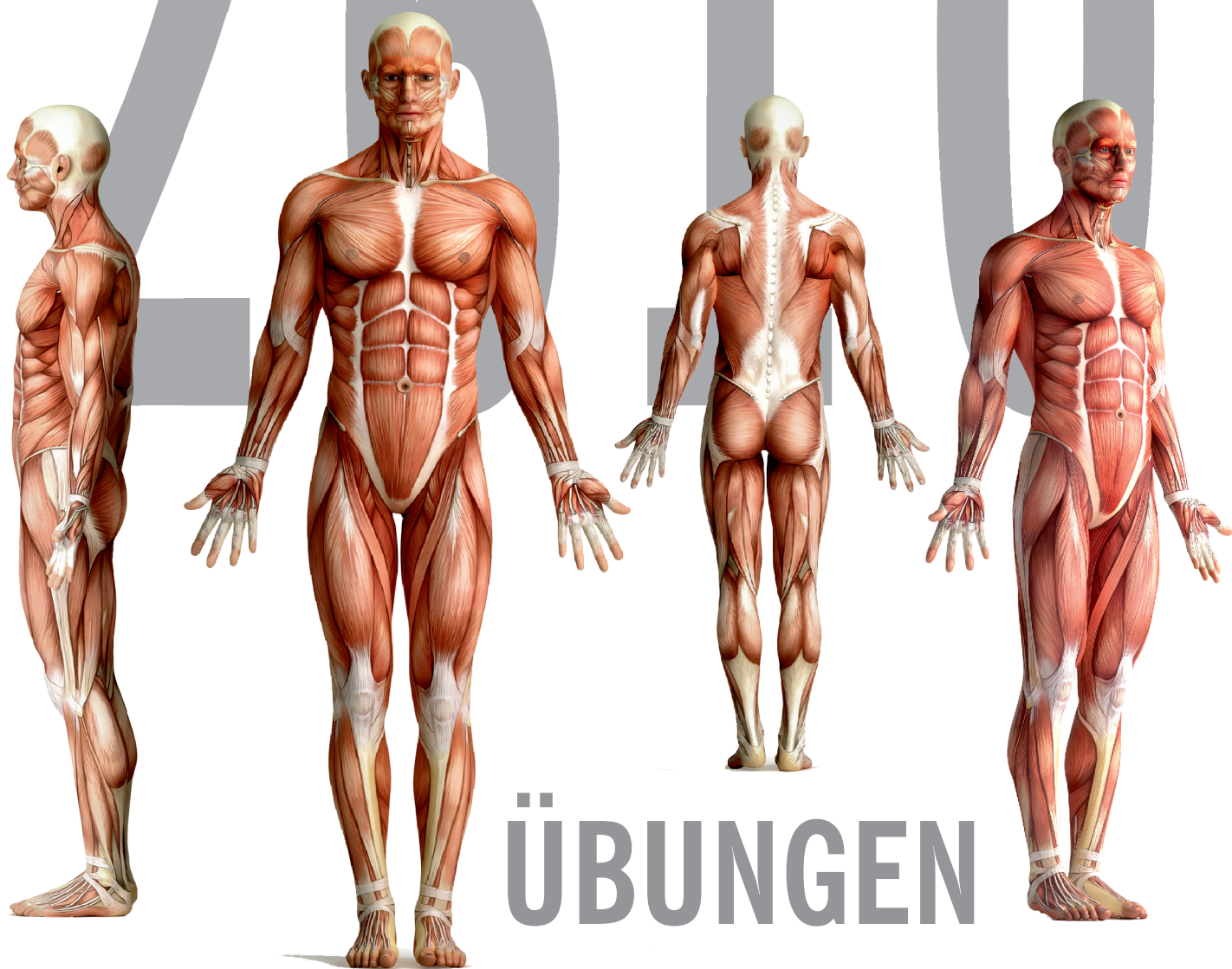


# DER ÜBUNGSPOOL

# 2010



# ÜBUNGEN



# INHALT NACH SEITEN

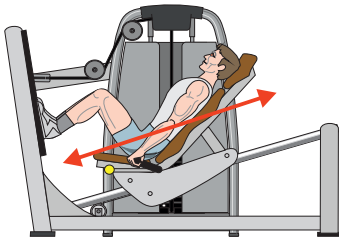
SEITE	INHALT
04	BEINE
05	BEINSTRECKER
05	BEINBEUGER
06	ADDUKTOREN
06	ABDUKTOREN
06	WADEN
07	GESÄß
07	RÜCKEN
08	RÜCKENSTRECKER
09	SCHIENBEINE
09	HALS-NACKEN-TRAPEZIUS
10	BRUST
11	ASYMMETRICS
12	SCHULTERN
14	BIZEPS
15	TRIZEPS
17	UNTERARME
18	BAUCH-HÜFTBEUGER
21	KABELZUG
21	KEULENTRAINING
22	HYDRAULIC-MASCHINEN
23	PARTNERÜBUNGEN
24	TRAINING MIT DER BOX
25	X-ER TUBES
26	GYM-STICK
27	SLING-TRAINING
28	WILDE SEILE
29	SEILROLLENZUG
30	SCHEIBENTRAINING
31	SANDSACKTRAINING
32	STEEL MACE
33	BODY-FLOOR WORK
34	MASCHINEN HNG90
35	MASCHINEN LIFE FITNESS
36	MASCHINEN TECHNOGYM
37	BANKÜBUNGEN
37	PARALLETES
38	KETTLEBELL
39	WARM UP WORKOUT
43	STRECHTOWER
43	BWS-MOBILISATION
44	YOGA
47	TECHNOGYM ANTE+POSTERIOR
48	DEHNEN - MOBILISIEREN
52	STRETCHING AM PEZZIBALL
53	STRETCHING MIT STUHL
54	FASZIENMASSAGE
55	REGENERATION-RELAXATION
56	MANUAL STRETCH THERAPIE
59	PILATES

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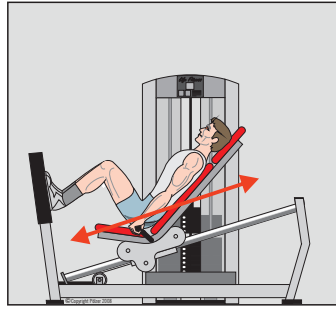
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62	PROGRESSION
63	SCHWERE KETTEN
64	CALISTHENICS
65	STATICS
66	ISCHIOKRURAL-DEHNUNG
67	TRAMPOLIN
68	TAI CHI CHUAN
69	KICK-FIGHTING
70	HANDTUCH-TRAINING
71	GLUTE-HAM-RAISE-GERÄT
72	GLIDE-BOARD
72	CORE-CIRCLE
73	STARKE GUMMIBÄNDER
73	MOBILISATION HÜFTGELENK
74	HAMMER-TRAINING
74	TABATA - H.I.I.T.
75	MEDICINE BALL & POWER WHEEL
76	VIPR-LOADED MOVEMENT
78	PEZZI-BALL-ÜBUNGEN
80	ANIMAL MOVES
82	SINGLE & DOUBLE BAR
83	LADDER BARREL KRAFT
84	LADDER BARREL STRETCHING
85	STALL BAR - SPROSSENWAND
88	STOCKTRAINING
89	KLIMMZUG - PULL UP
91	HOHLRÜCKEN - KORREKTUR
91	RUNDRÜCKEN - KORREKTUR
92	YOGA-WHEEL
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96	FITNESS IM TREPPENHAUS
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105	MORE ADVANCED EXERCISES
106	PREVENTION SCHULTER
106	PREVENTION HÜFTE
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107	PREVENTION NACKEN
108	BEWEGUNG & POSITION
108	BEWEGUNG & POSITION
109	BEWEGUNG & POSITION
110	SPECIAL-SIGNS
114	WORDOUT-SIGNS
117	MUSKELBETEILIGUNG
121	FACHAUSDRÜCKE

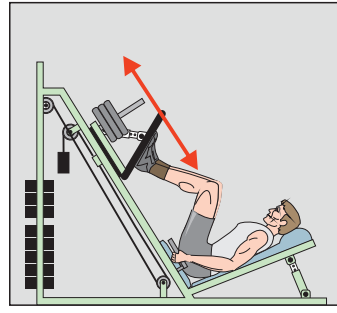
# BEINE



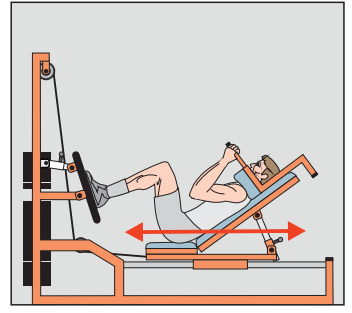
LEGPRESS



LEGPRESS



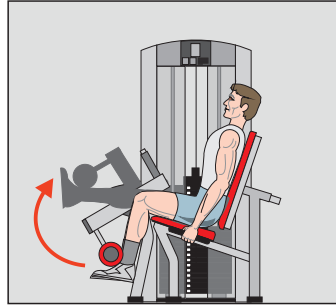
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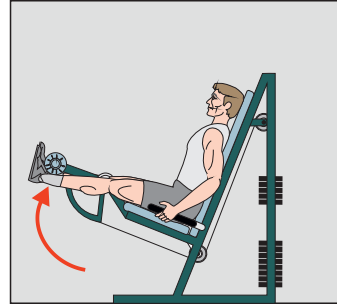
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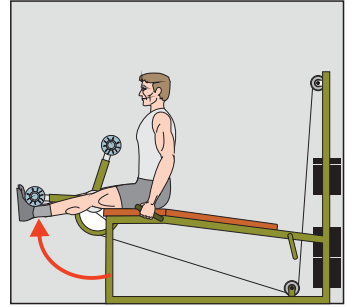
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LEG EXTENSION



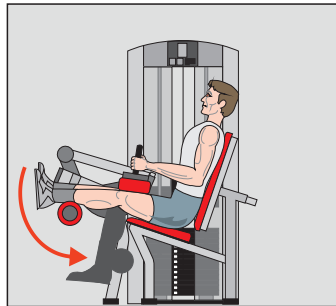
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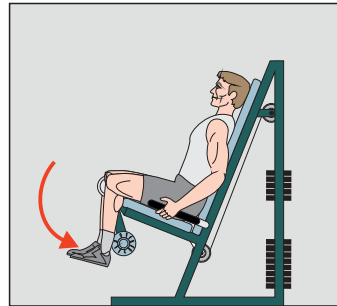
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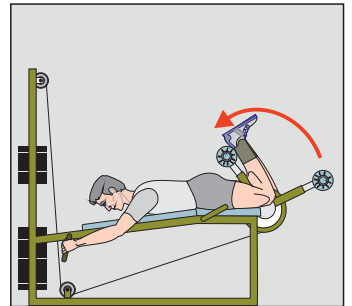
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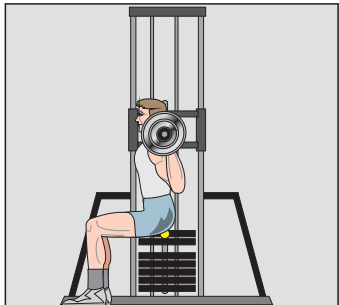
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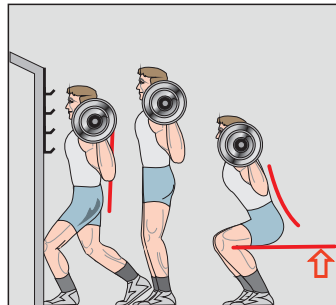
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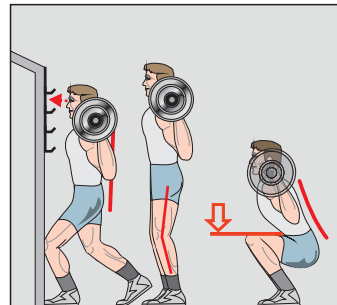
MULTI POWER SQUAT



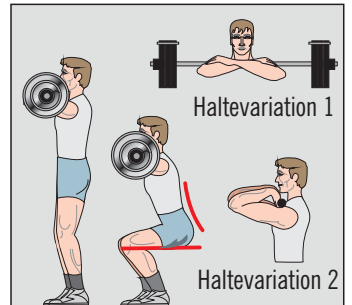
BACK SQUAT



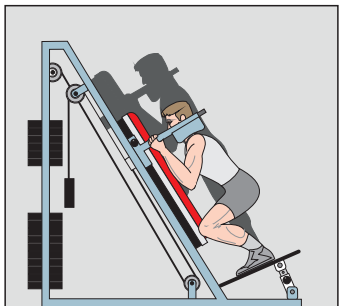
DEEP BACK SQUAT



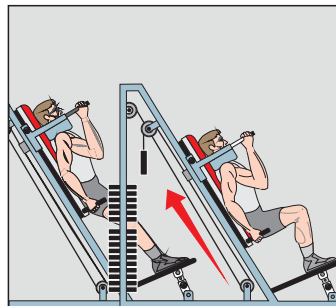
FRONT SQUAT



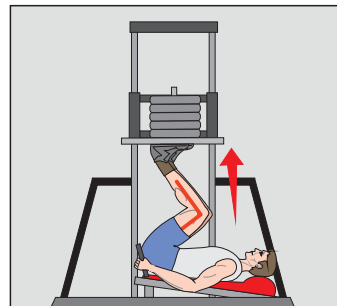
REVERSE HACK SQUAT



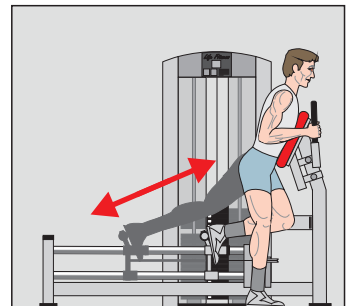
HACK SQUAT



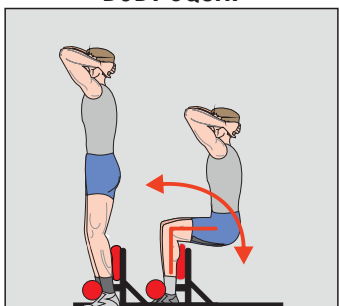
VERTICAL PRESS



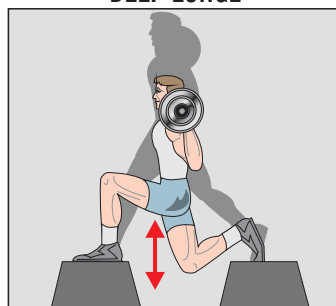
GLUTE ISOLATOR



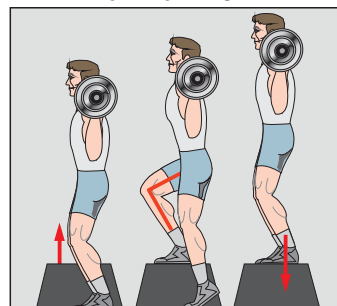
BODY SQUAT



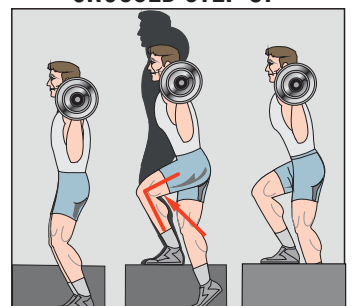
DEEP LUNGE



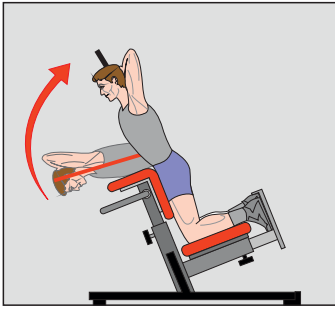
SIDE STEP UP



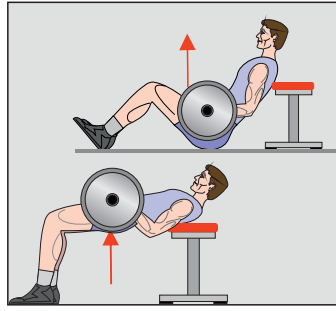
CROSSED STEP UP



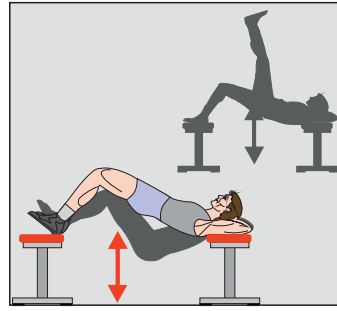
HIP EXTENSION



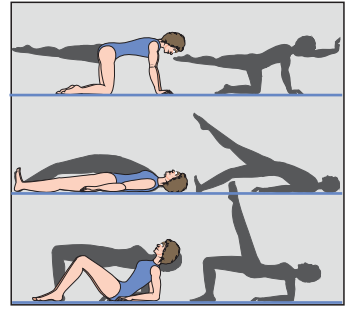
HIP AND BACK EXTENSION



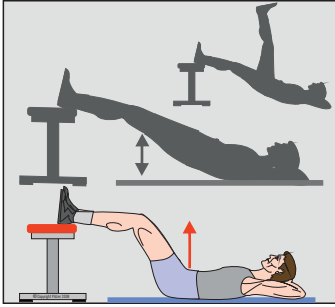
HIP AND BACK EXTENSION



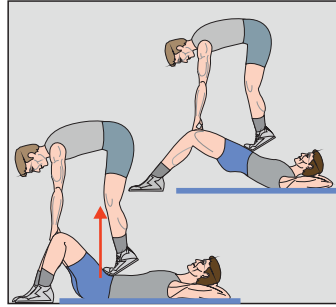
HIP AND BACK EXTENSION



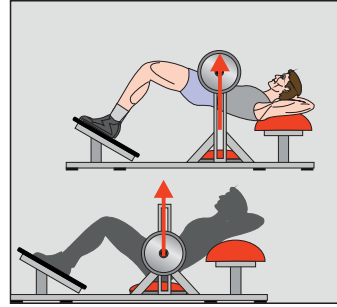
HIP AND BACK EXTENSION



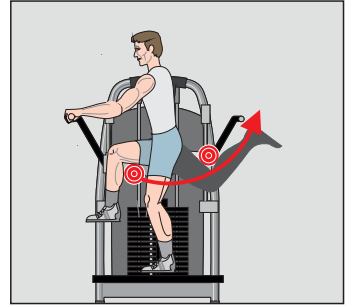
HIP AND BACK EXTENSION



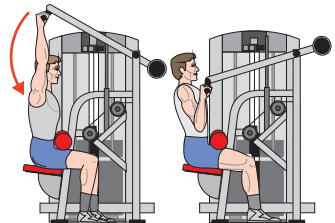
BARBELL HIPEXTENSION



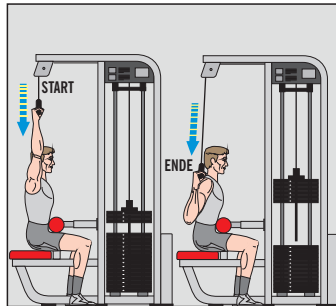
STANDING HIP EXTENSION



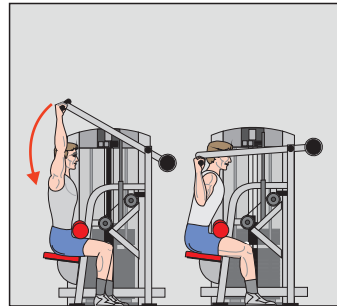
# RÜCKEN



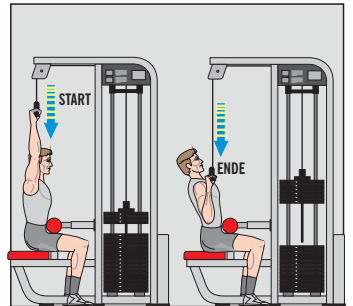
LAT PULL BACK



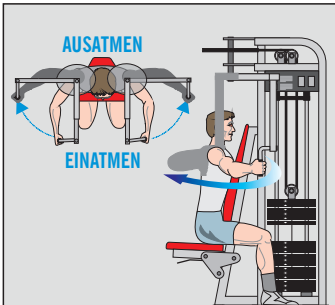
LAT PULL BACK



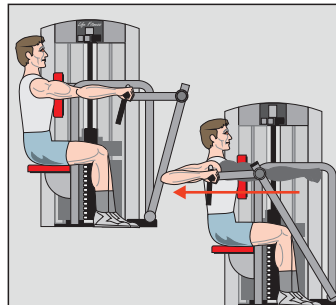
LAT PULL FRONT



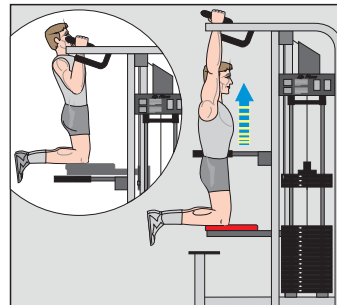
REVERSE BUTTERFLY



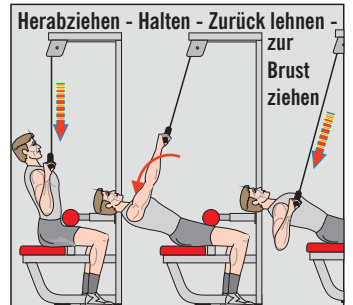
SEATED ROWING



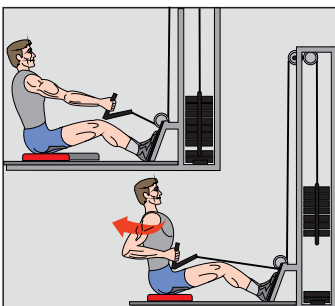
SUPPORTED CHIN UPS



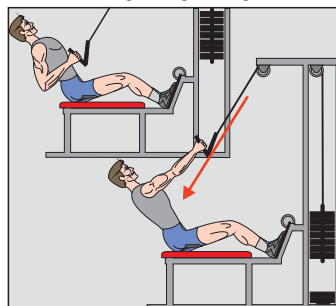
DOUBLE TOUCH PULL



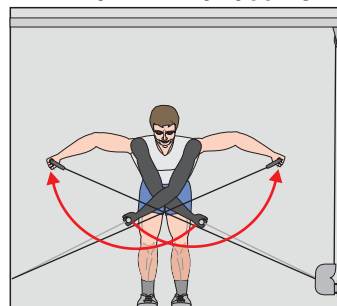
ROWING



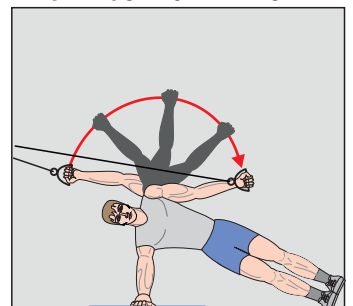
HIGH ROWING



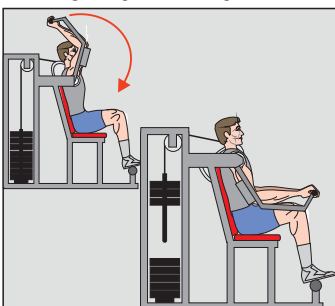
BENT FORWARD CROSS PULL



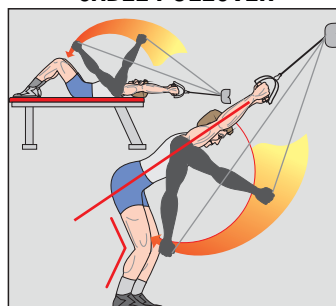
SIDE SUPPORTED PULL



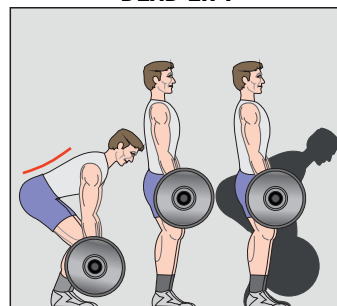
PULL OVER MACHINE



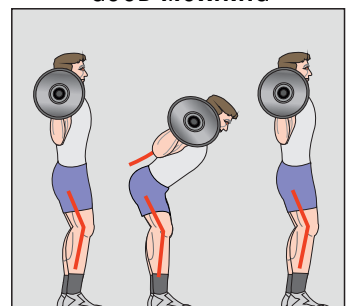
CABLE PULLOVER



DEAD LIFT

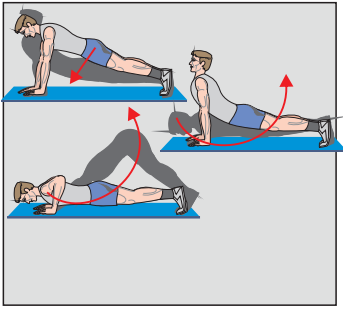


GOOD MORNING

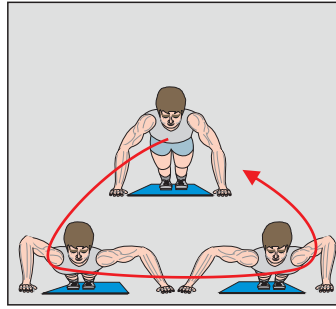




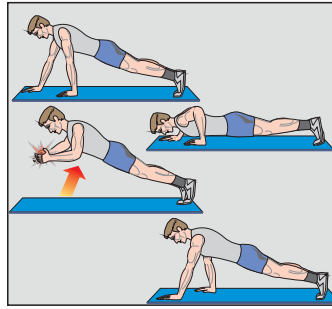
REVERSE DIVEBOMBER



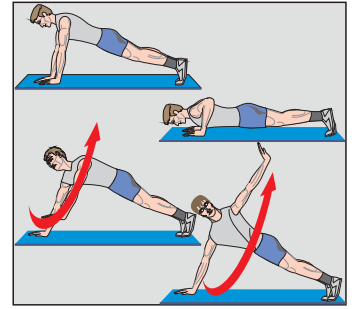
SIDE PUSH UP



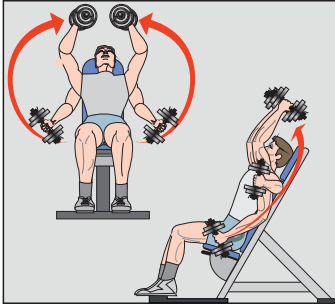
LEAP CHANGE PUSH UP



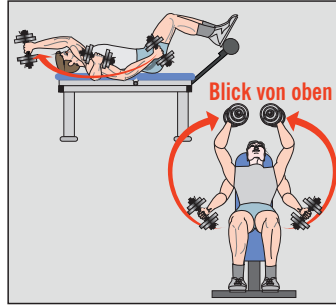
PUSH UP TWIST



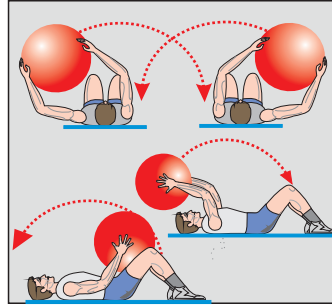
INCLINE CIRCLE PRESS



FLAT CIRCLE PRESS



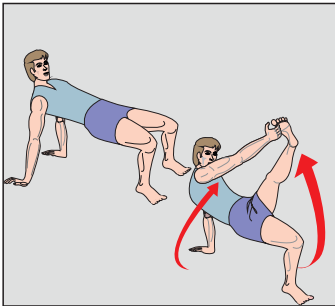
BALL-PRESS-MOVES



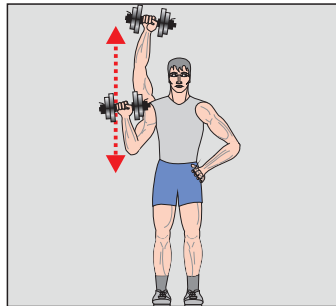
# ASYMMETRIC

ASYMMETRISCHES BELASTEN FÜHRT ZU EINER UNGLEICHEN SPANNUNG DER MUSKULATUR WIE SIE TÄGLICH VORKOMMT!

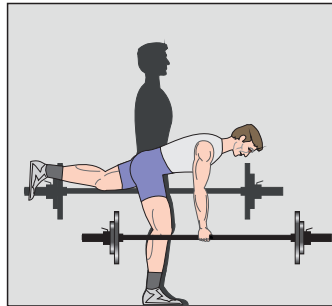
SUPINE HAND TO THE LEG



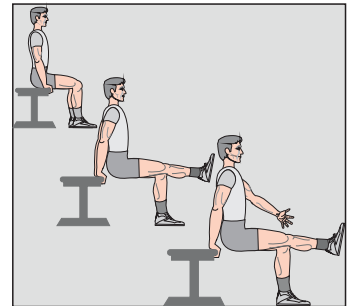
ONE ARM DUMBBELL PRESS



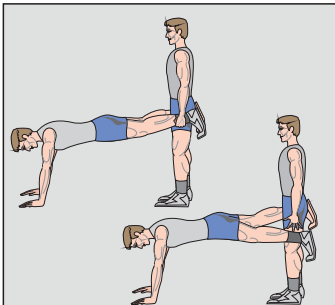
BARBELL WIND MILL



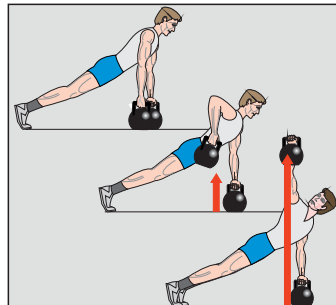
ASYMMETRIC SUPPORT



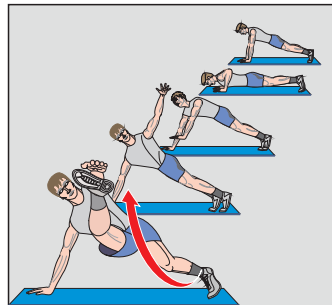
CORE-FALLTEST



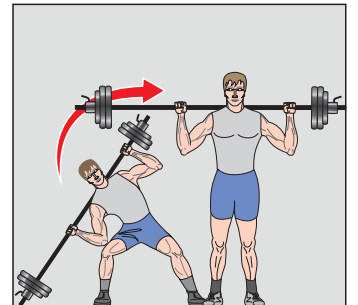
KETTLEBELL RENEGADE SNATCH



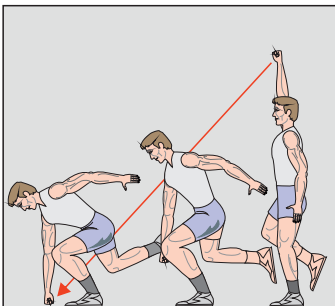
PUSH UP - HAND TO THE LEG



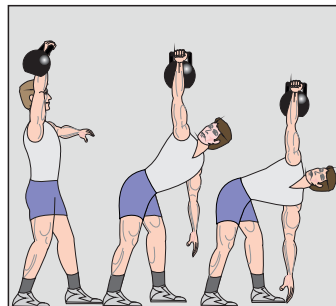
ASYMMETRIC STEINBORN LIFT



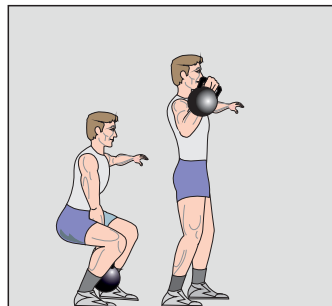
SPARTACUS SQUAT WALK



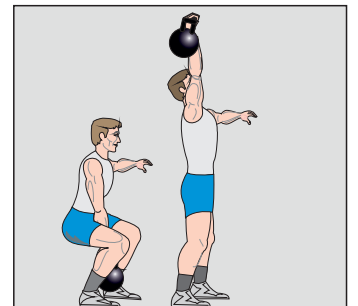
KETTLEBELL WINDMILL



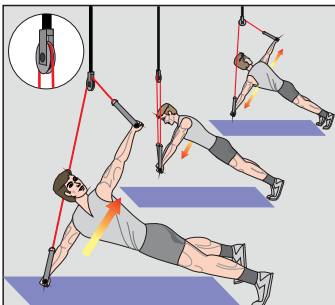
KETTLEBELL CLEAN



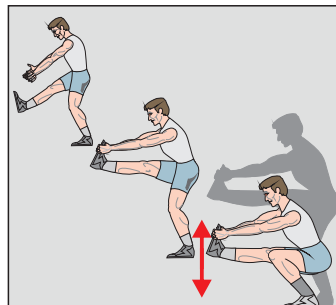
KETTLEBELL JERK



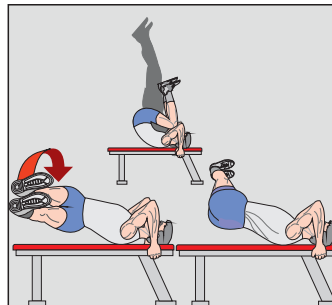
ASYMMETRIC SLING EXERCISE



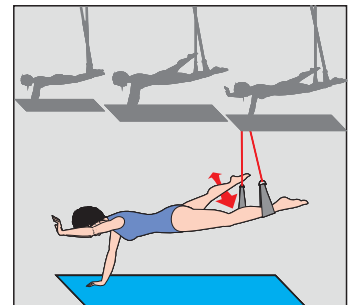
ASYMMETRIC PISTOL



DRAGON FLAG SPECIAL



ASYMMETRIC SLING EXERCISE

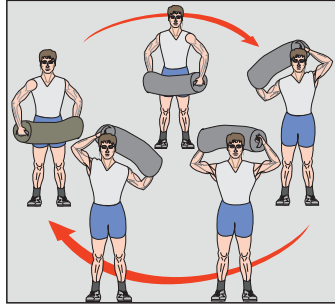


# SANDBAG

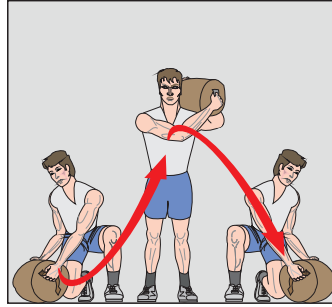


# TRAINING

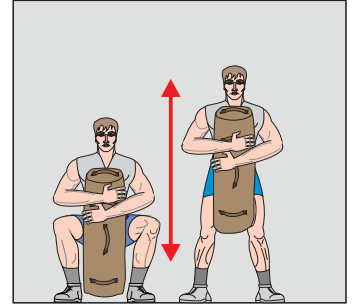
## WARMUP: SANDBAG HALO



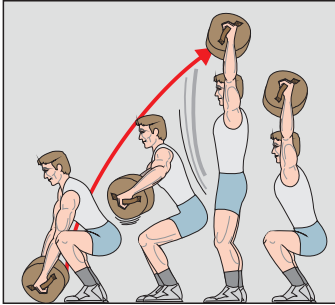
## DIAGONAL SHOULDERING



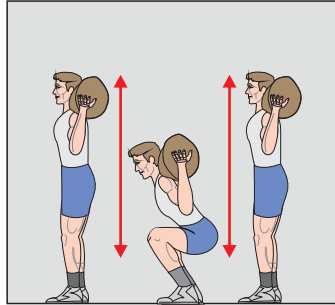
## BEAR HUG SQUAT



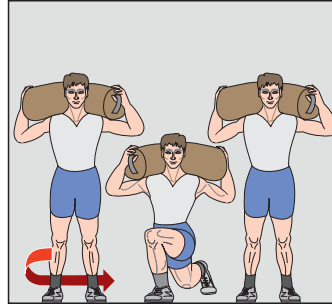
## SNATCH + OVERHEAD SQUAT



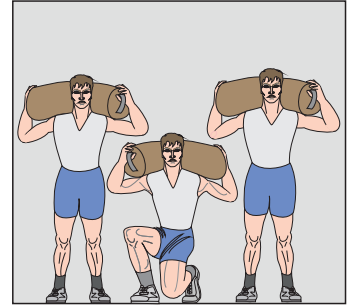
## SQUAT



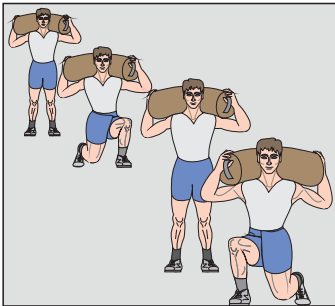
## CROSS OVER BACK LUNGE



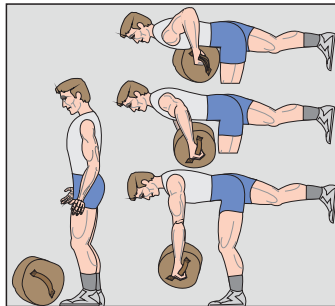
## STAGGERED SQUAT



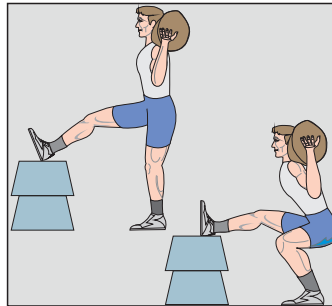
## WALKING LUNGES



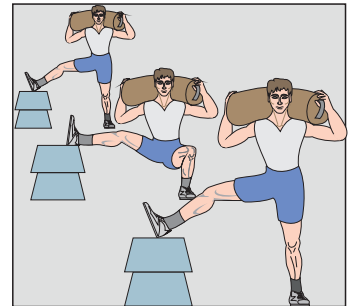
## WINDMILL ROWING



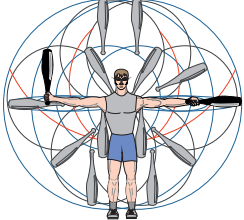
## SUPPORTED FRONT PISTOL



## SUPPORTED SIDE PISTOL

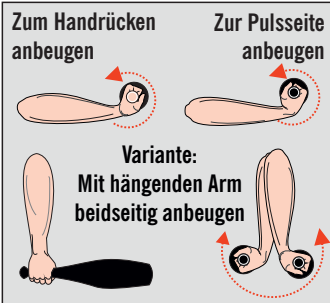


# CLUBBELLS

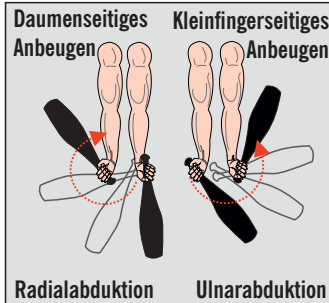


# SCHWINGKEULEN

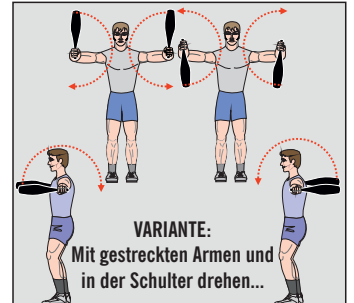
## WARM UP



## WARM UP



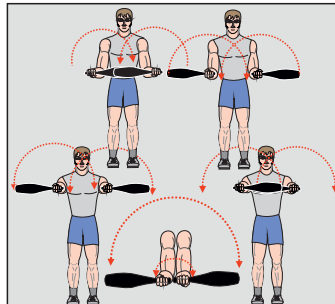
## WARM UP



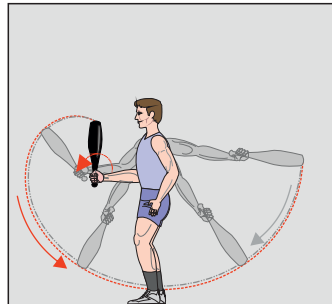
## WARM UP



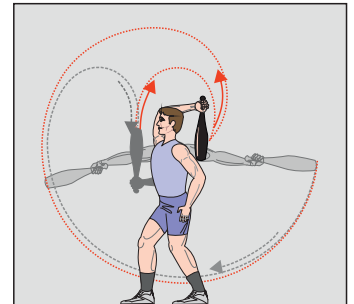
## WARM UP



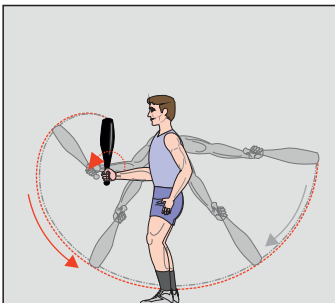
## BASIC SWINGS 1



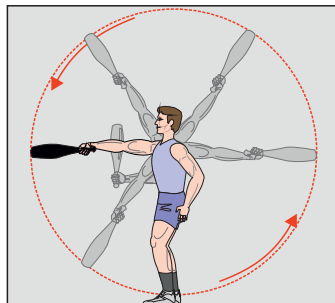
## BASIC SWINGS 2



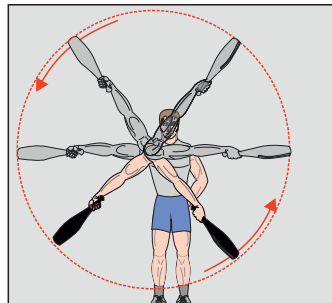
## BASIC SWINGS 3



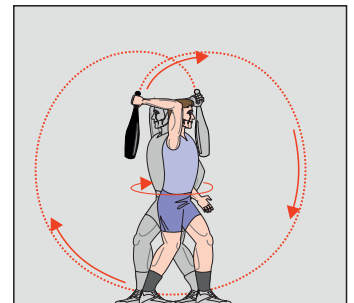
## BASIC SWINGS 4



## BASIC SWINGS 5



## BASIC SWINGS 6

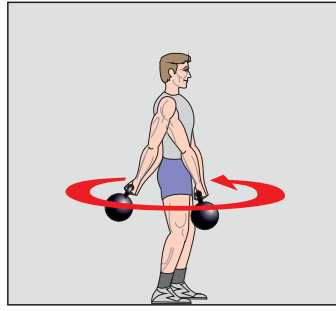


DIESES KLASSISCHE KRAFT-  
TRAINING, WIRD SEIT RUND  
DREIHUNDERT JAHREN AUS-  
GEÜBT UND VOR 120 JAHREN  
KAM ES ÜBER ASIEN ZU UNS!

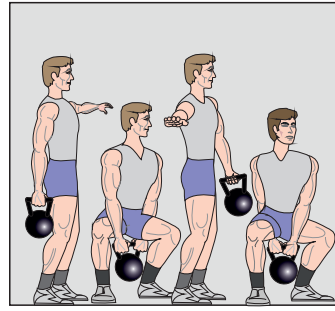
# KettleBell

MIT MEHR ALS 500 ÜBUNGEN

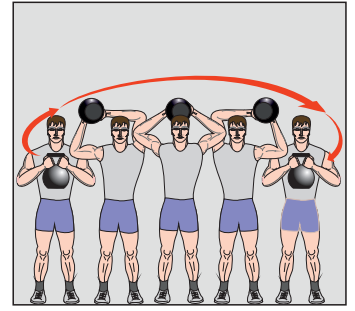
WARM UP: SLING SHOTS



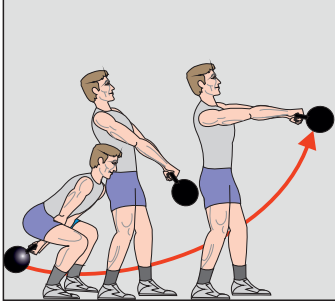
WARM UP: FIGURE 8



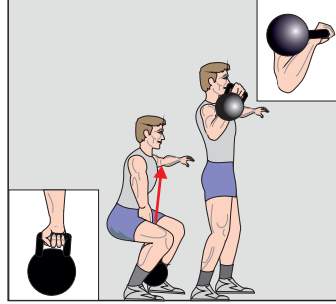
WARM UP: HALO



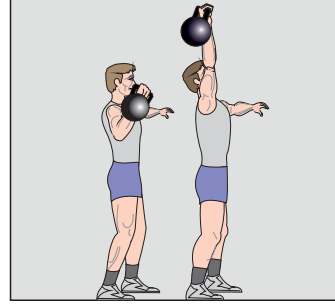
KETTLEBELL SWING



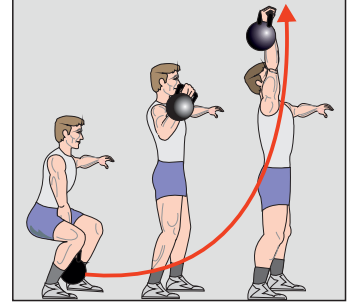
CLEAN (UMSETZEN)



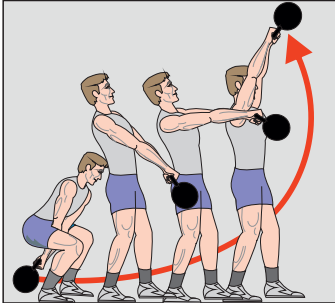
PRESS (DRÜCKEN)



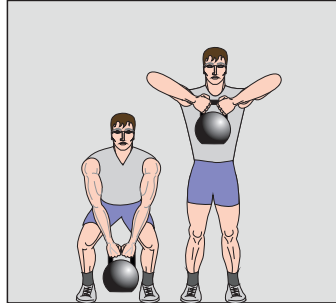
KETTLEBELL SNATCH



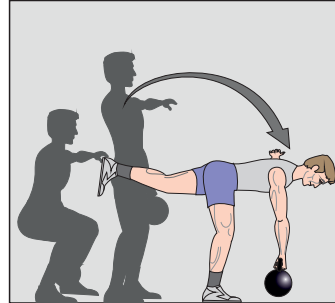
HIGH SWING



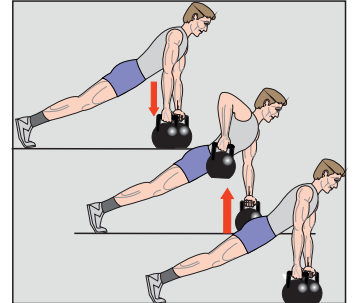
HIGH PULL TWO HANDED



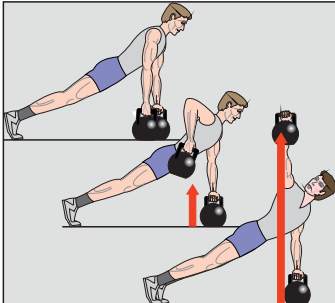
LOW WINDMILL



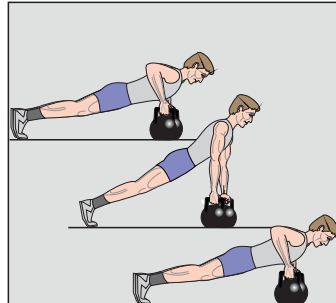
RENEGADE ROW



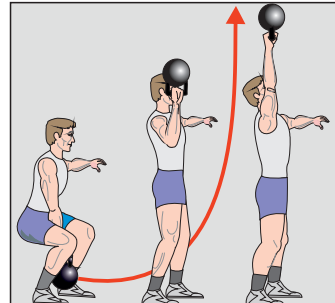
RENEGADE SNATCH



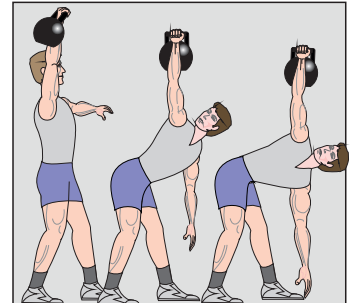
PRESS UP



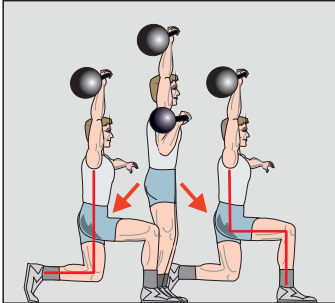
BALANCE PRESS



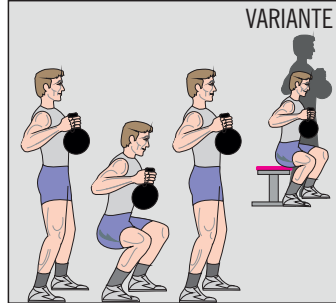
KETTLEBELL WINDMILL



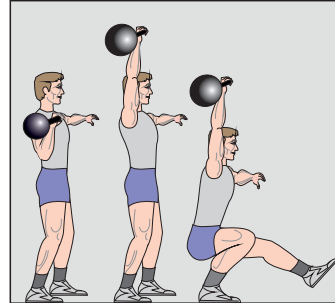
KETTLEBELL LUNGE



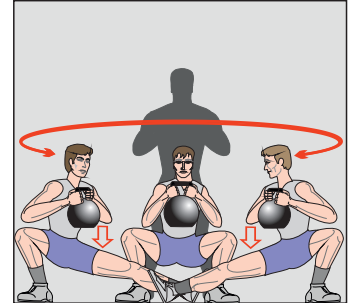
KETTLEBELL SQUAT



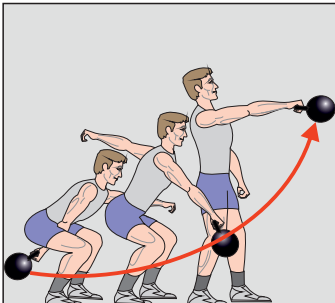
KETTLEBELL PISTOL



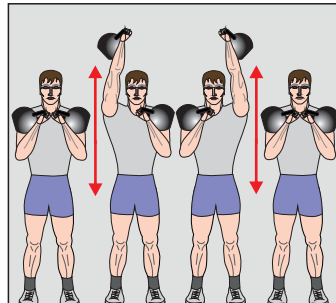
K'BELLS CROUCH STRETCH



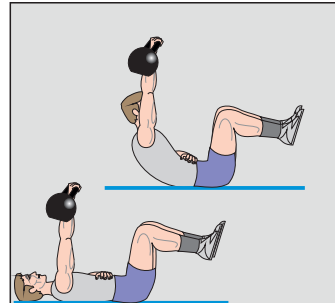
ONE ARM SWING



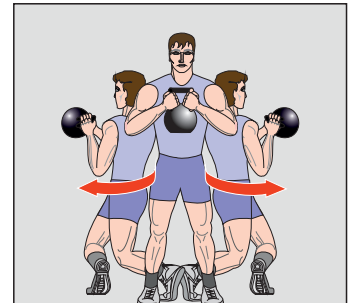
KETTLEBELL SEE SAW PRESS



KETTLEBELL CURL UP

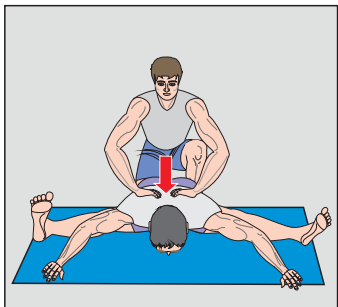


GOBLET SPIN STEP

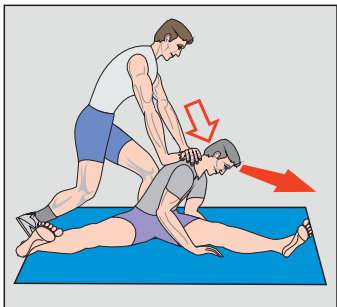




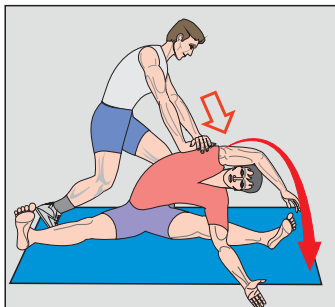
GRÄTSCHVORBEUGEDEHNUNG



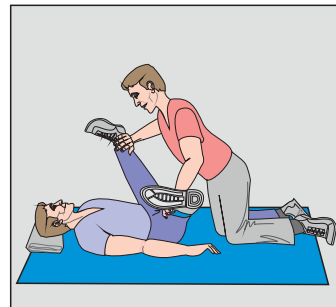
GRÄTSCHSEITBEUGEDEHNUNG



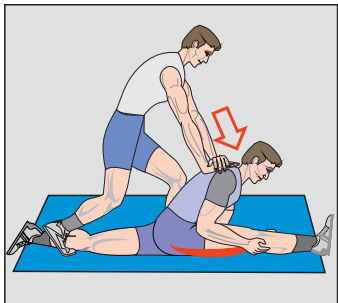
GRÄTSCHSEITNEIGEDEHNUNG



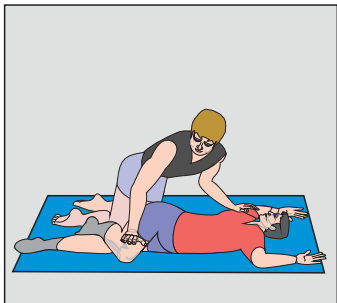
GRÄTSCHDEHNUNG



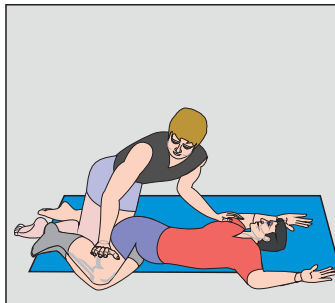
SPAGATDEHNUNG



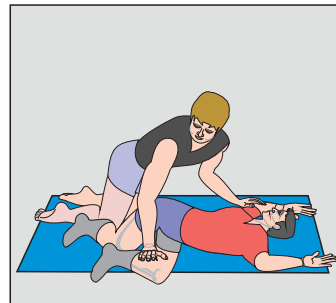
WIRBELSÄULENDREHUNG



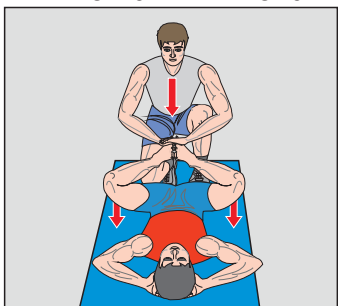
WIRBELSÄULENDREHUNG



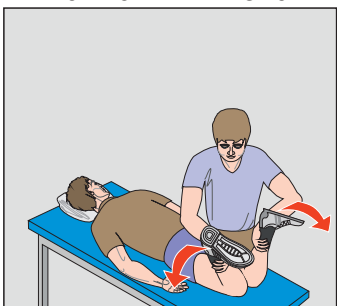
WIRBELSÄULENDREHUNG



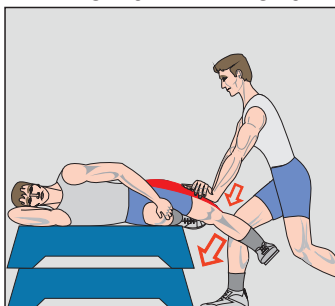
ADDUKTORENDEHNUNG



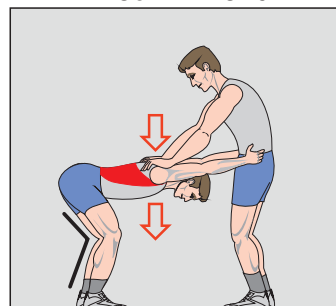
ROTATORENDEHNUNG



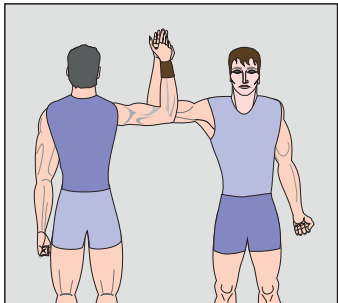
ABDUKTORENDEHNUNG



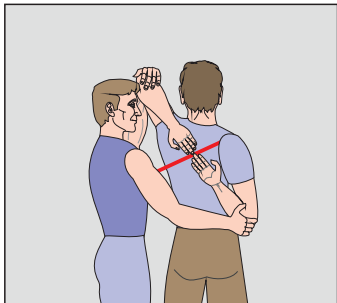
BRUSTDEHNUNG



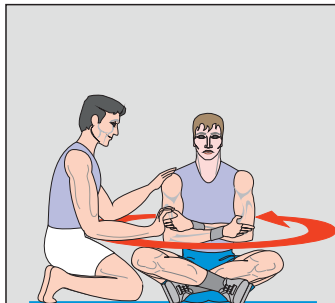
BRUSTDEHNUNG



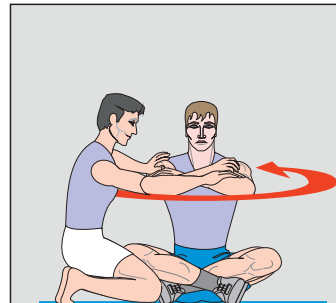
SCHULTERDEHNUNG



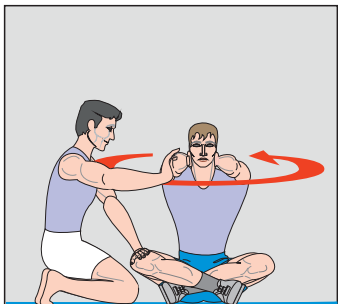
RUMPF-TIEFE ROTATION



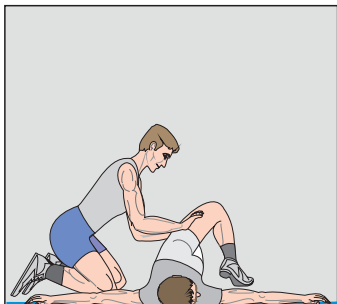
MITTEL-TIEFE ROTATION



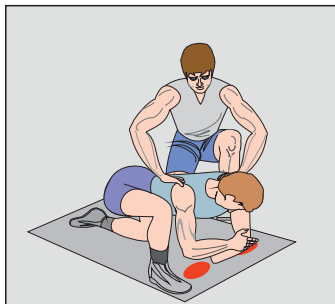
RUMPF-HOHE ROTATION



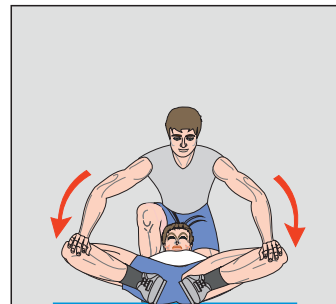
RÜCKENROTATION



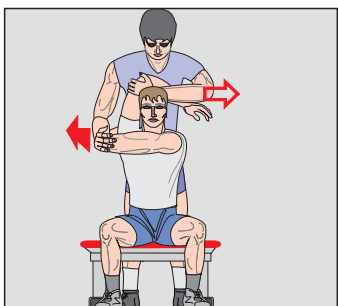
HÜFTDEHNUNG



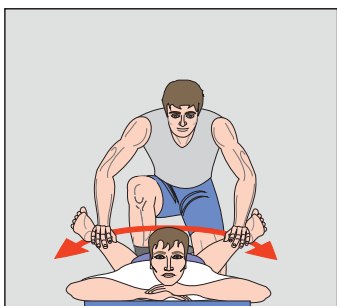
ADDUKTORENDEHNUNG



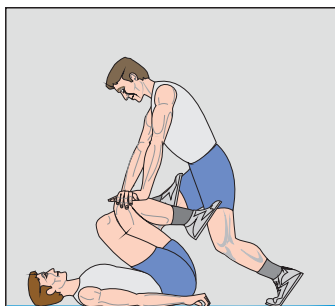
DOPPEL-SCHULTERDEHNUNG



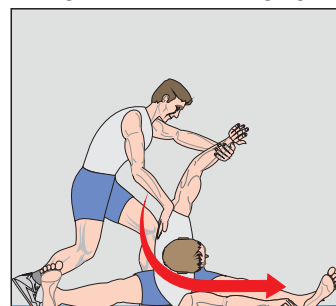
AUßENROTATORENDEHNUNG



GESÄßDEHNUNG



RUMPF DREHDEHNUNG

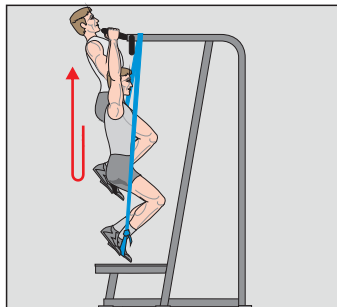




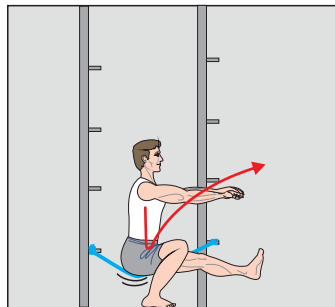
# STARKE GUMMI-BÄNDER

WIDERSTAND oder TRAININGSHILFEN

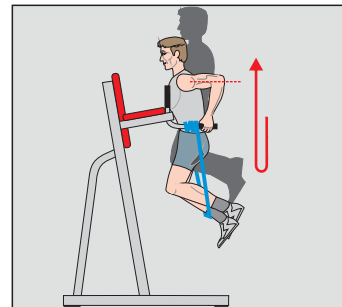
KLIMMZUG HILFE



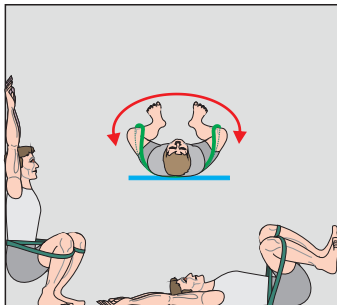
PISTOL HILFE



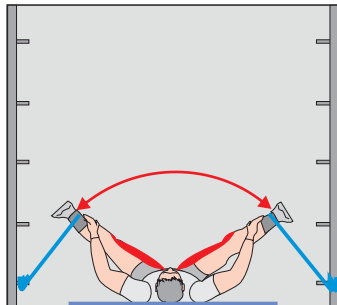
DIPS DRÜCKHILFE



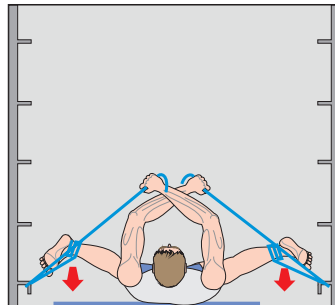
ADDUKTOREN DEHNHILFE



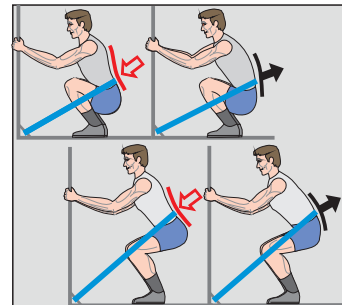
ADDUKTOREN DEHNHILFE



ADDUKTOREN DEHNHILFE



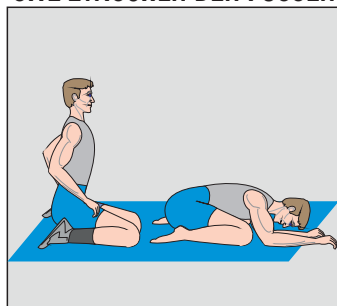
HÜFTBEUGER-MOBILISATION



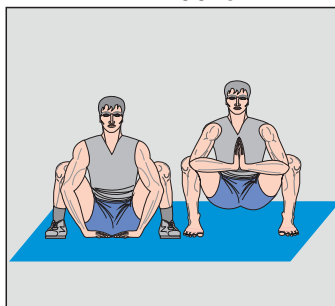
## MOBILISATION FÜR DAS HÜFTGELENK

HÜFTE BEWEGLICH-MACHUNG DEHNUNG UND MOBILISIEREN

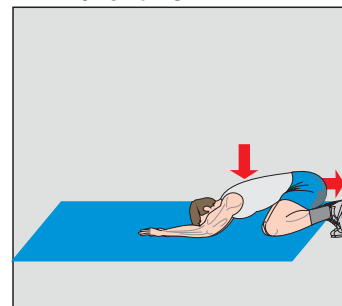
SITZ ZWISCHEN DEN FÜSSEN



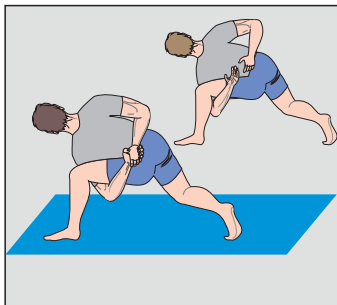
TIEFER HOCSITZ



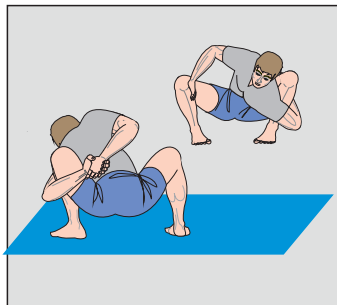
GESÄß ZUR WAND



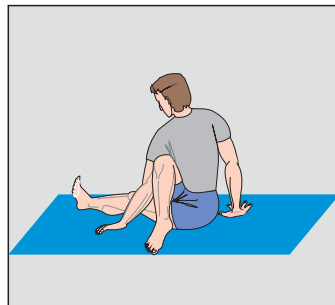
GRIFF UNTER DEM BEIN



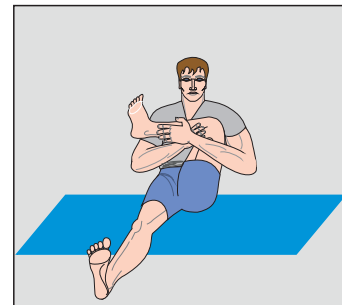
SEITSITZ AUBENROTATION



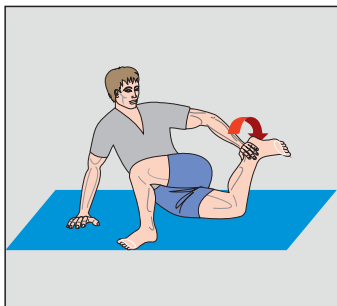
DREHSITZ



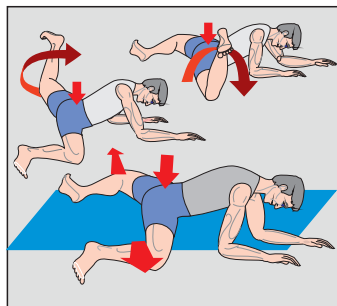
UNTERSCHENKEL ZUR BRUST



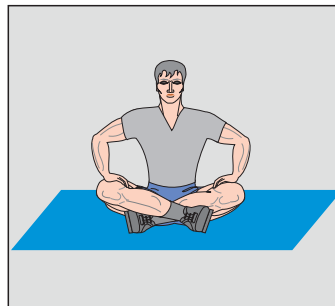
SEITSITZ AUBENROTATION



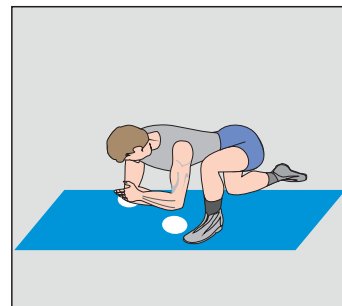
SCHENKEL AUBENROTIERT



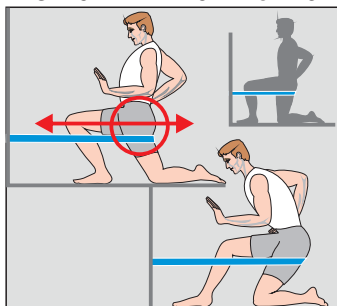
KREUZSITZ



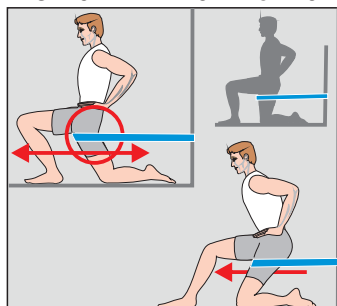
BEIDE ELLBOGEN ZUM BODEN



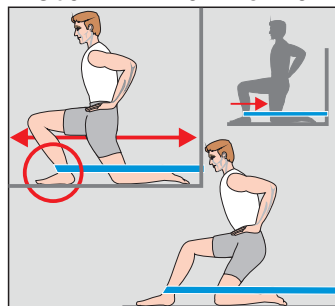
HÜFTGELENK-MOBILISATION



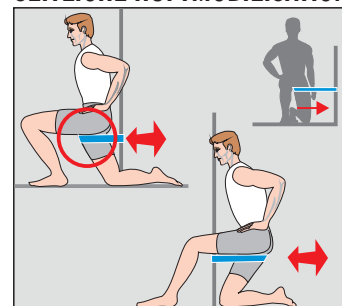
HÜFTGELENK-MOBILISATION



FUßGELENK-MOBILISATION



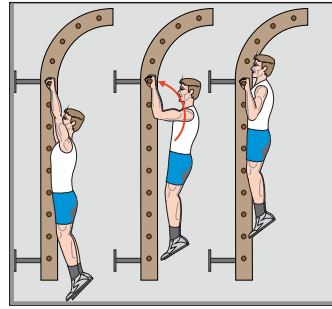
SEITLICHE HÜFTMOBILISATION



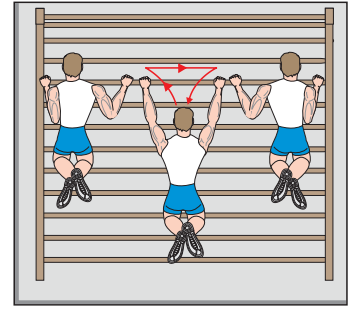
# STALL BAR SPROSSENWAND

DAS KLASSISCHE TURN- UND GYMNASTIKGERÄT IST UNIVERSSELL VERWENDBAR. SOWOHL FÜR KRAFT, DEHNUNG, GLEICHGEWICHT ALS AUCH KOORDINATION, PLYOMETRICS, AUCH SCHNELLKRAFT ZUSÄTZLICH FÜR SCHLINGENÜBUNGEN UND NOCH VIELES MEHR

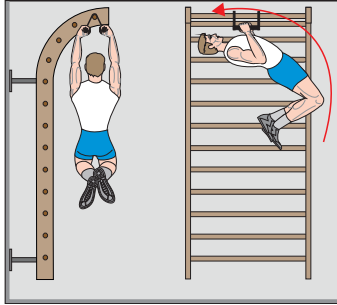
PULL UPS



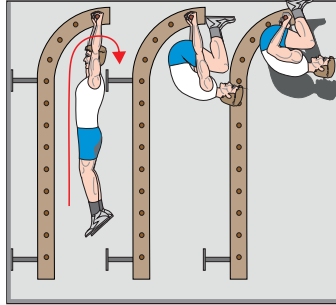
ARCHER PULL UPS (LEANS)



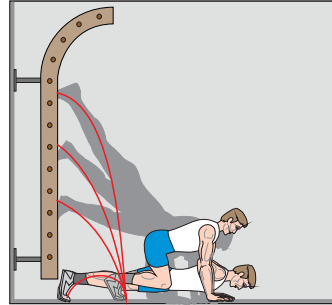
GIRONDA PULL UPS



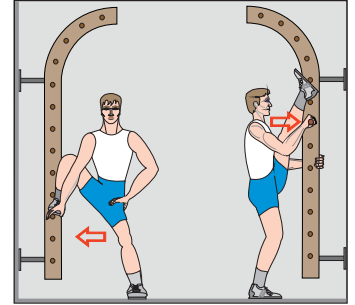
UP SIDE DOWN PULL UP



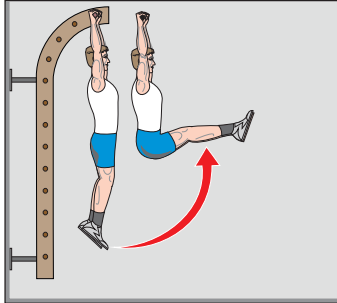
JUMP RAISE - PUSH UPS



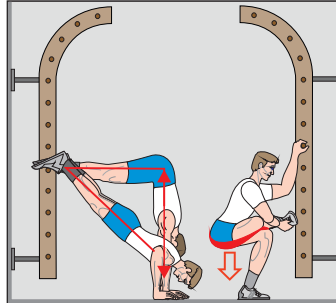
DIFFERENT LEG STRETCHES



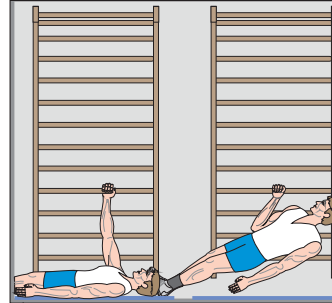
HANGING LEGS PULL UP



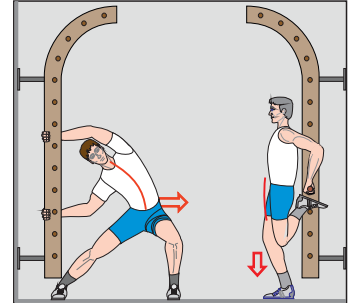
90° PUSH UP/GLUTE STRETCH



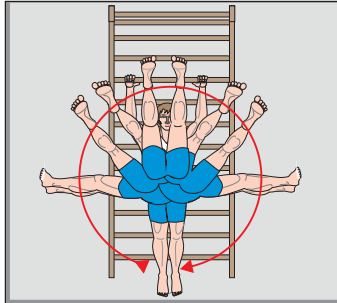
AUSTRALIAN PULL UP



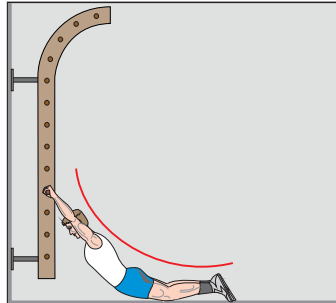
DIFFERENT STRETCHES



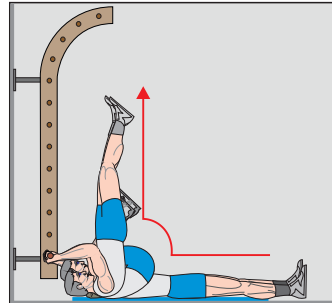
HANGING LEG CIRCLE



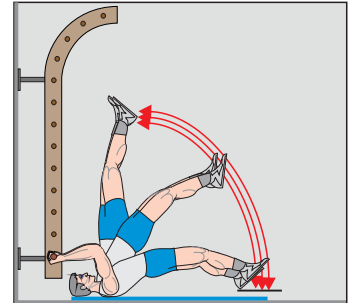
HANGING BRIDGE



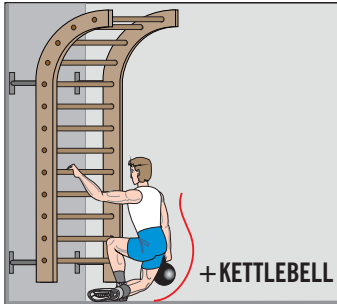
CANDLE



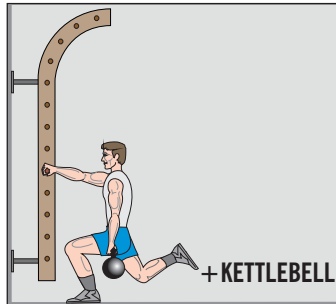
DRAGON FLAG



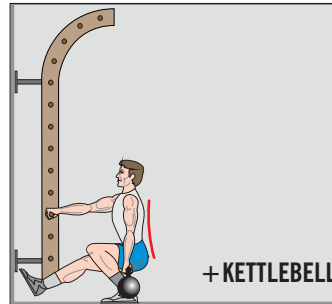
MODIFIED DRAGON SQUAT



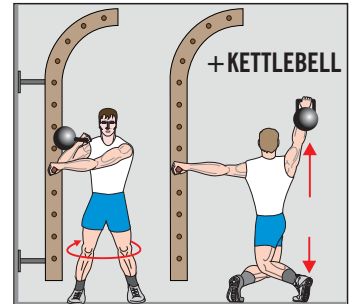
MODIFIED SHRIMP SQUAT



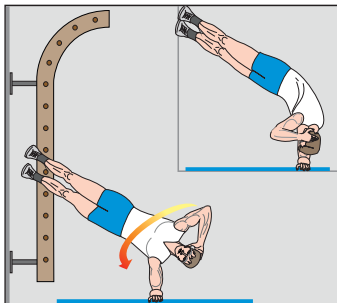
MODIFIED PISTOL SQUAT



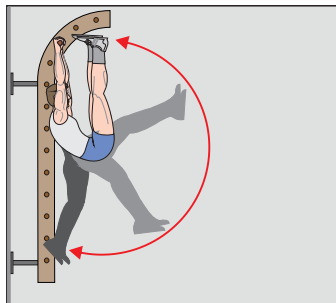
MODIFIED SNAKE SQUAT



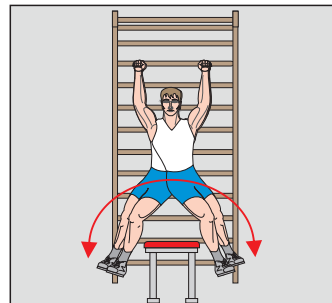
DIAGONAL BODY TWIST



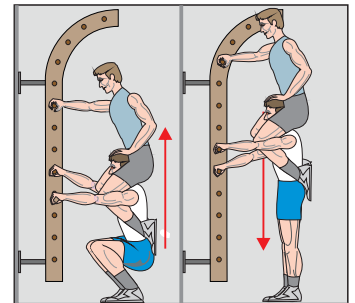
TOES TO HANDS



LEGS OVER BENCH



PIGGYBACK SQUAT



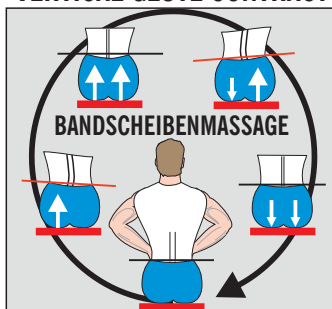
# PREVENTION UNTERRÜCKEN

MOBILISATION MEINT, DEN BEREICH IN ALLEN GELENKSMÖGLICHKEITEN ZU AKTIVIEREN, ZU DEHNEN UND ZU SCHWACHE MUSKELN ZU KRÄFTIGEN

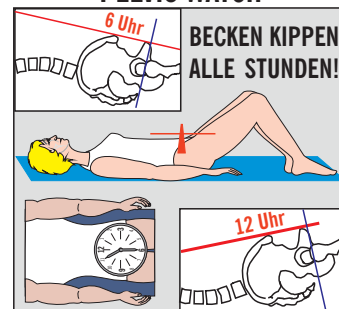


EINES DER WICHTIGSTEN THEMEN DER GESUNDHEIT: VOLKSKRANKHEIT „UNTERRÜCKEN“! WIR ALLE SITZEN ZUVIEL ODER BETREIBEN EINSEITIGE SPORTARTEN DIE ERSTE HILFE!

## VERTICAL GLUTE CONTRACT



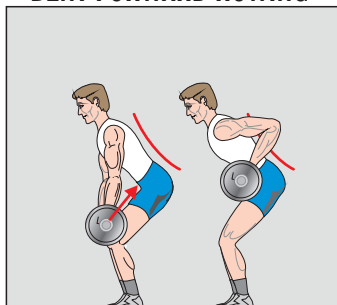
## PELVIS WATCH



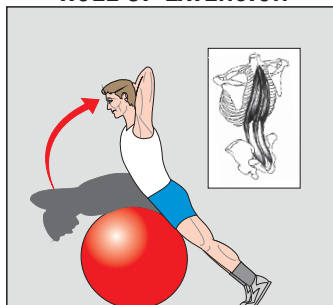
PULL UP THE GLUTE



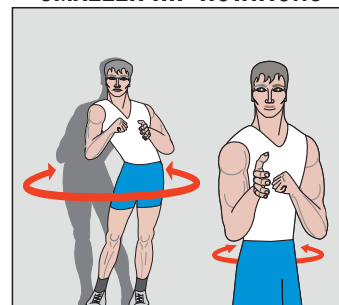
BENT FORWARD ROWING



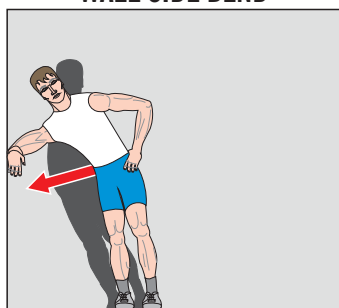
ROLL UP EXTENSION



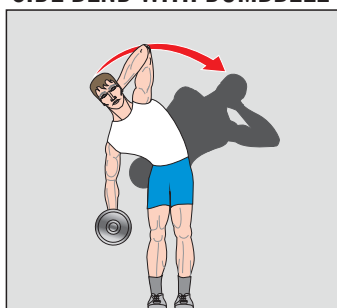
SMALLER HIP ROTATIONS



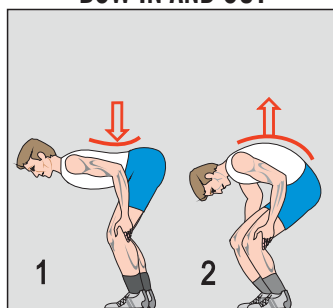
WALL SIDE BEND



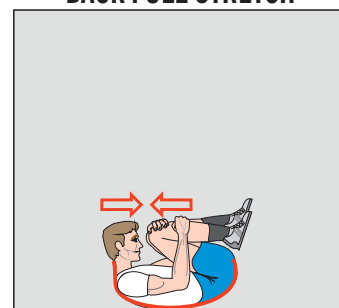
SIDE BEND WITH DUMBBELL



BOW IN AND OUT



BACK FULL STRETCH



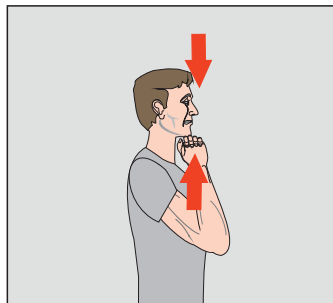
# PREVENTION NACKEN

MOBILISIERUNG HEIßT, DEN NACKEN IN ALLEN GELENKSMÖGLICHKEITEN ZU AKTIVIEREN UND ZUSÄTZLICH ZU KRÄFTIGEN UND AUCH ZU DEHNEN!

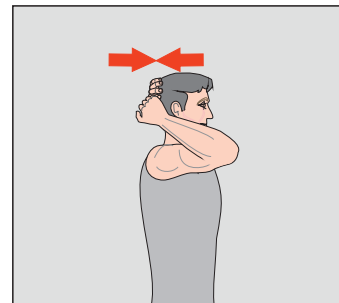


DER HALS-NACKEN-BEREICH WIRD DURCH UNSERE ALLTAGSHALTUNGEN OFTMALS UNGÜNSTIG BELASTET, VERÄNDERT DADURCH SEINE POSITION UND VERSPANNT SICH SCHMERZHAFT!

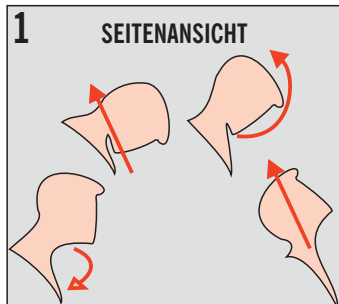
STATIC: CHIN PUSH DOWN



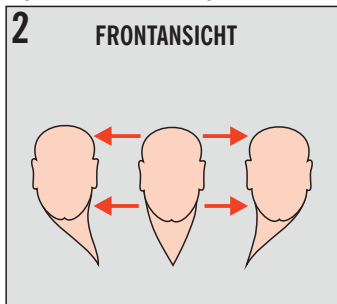
STATIC: HEAD PUSH BACK



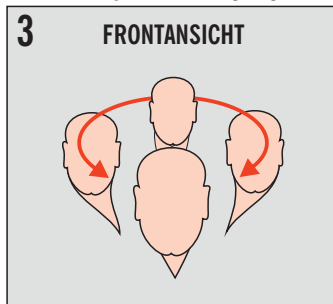
HEAD MOVES



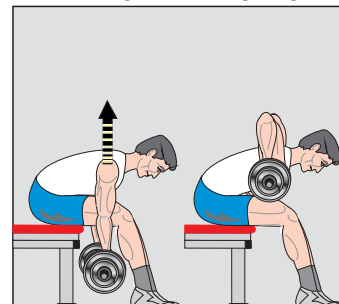
SHIFT THE HEAD SIDEWARD



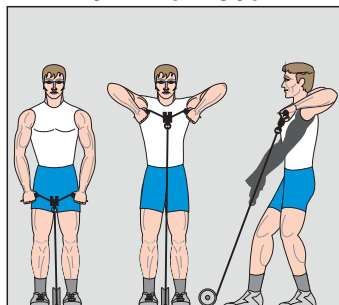
HEAD SHIFT IN A CIRCLE



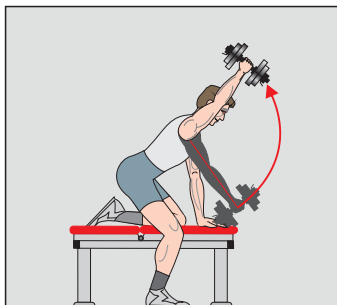
BENT FORWARD PULL UP



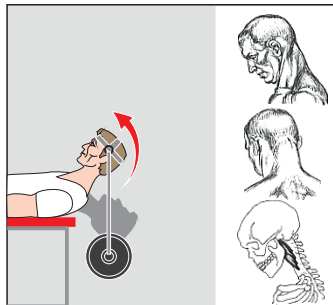
CABLE SHRUGS



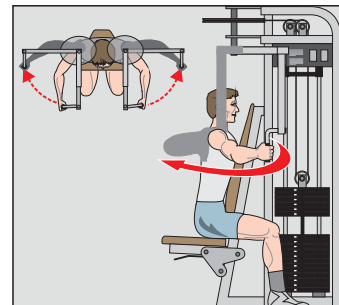
BENT FORWARD FRONT RAISE



LYING NECK TRAINING



REVERSE BUTTERFLY



# BLAZHOUT

YOU NEVER REALIZE  
HOW LONG A MINUTE IS,  
UNTIL YOU EXERCISE

THE MOMENT  
WHEN YOU WANT TO QUIT,  
IS THE MOMENT  
WHEN YOU NEED  
TO KEEP PUSHING

**Muscles**  
separates the men  
from the boys!

IF YOU DO  
WHAT YOU'VE  
ALWAYS DONE  
YOU WILL GET  
WHAT YOU'VE  
ALWAYS GOTTEN.

EVERYTHING  
WILL BE OK  
IN THE END.  
IF IT'S NOT OK  
IT'S NOT  
THE END.

Love it,  
leave it -  
or change it!

Train hard -  
be strong -  
look sharp!

It makes U  
or breaks U!

## 4 STAGES OF LIFE!

- 1 YOU BELIEVE IN SANTA CLAUS
- 2 YOU DON'T BELIEVE IN SANTA CLAUS
- 3 YOU ARE SANTA CLAUS
- 4 YOU LOOK LIKE SANTA CLAUS

## VEGETARIAN

ANCIENT, TRIBAL SLANG  
FOR THE VILLAGE IDIOT  
WHO CAN'T HUNT, FISH OR RIDE!

Alte Stammesbezeichnung  
für den Dorf-Trottel, der nicht  
jagen, fischen oder reiten kann

WINNERS  
ARE NOT PEOPLE  
WHO NEVER FAIL -  
BUT PEOPLE  
WHO NEVER QUIT!

Fight,  
fright or  
flight !

~~I'M UGLY~~  
~~NOBODY LOVES ME~~  
~~I'M TOO SHY~~  
~~I CAN'T DO THIS~~  
~~I'M A NOBODY~~  
THE WORLD IS MINE!

DON'T BREAK  
ANYBODY'S HEART -  
THEY HAVE ONLY ONE,  
BREAK THEIR BONES  
THEY HAVE 206!

IF IT IS  
IMPORTANT FOR YOU  
YOU WILL FIND A WAY -  
IF NOT,  
YOU'LL FIND AN EXCUSE!

THERE IS NO  
ELEVATOR TO  
SUCCESS  
YOU HAVE  
TO TAKE  
THE STAIRS

FIT UP YOUR  
**BODY**  
RELAX YOUR  
**MIND**  
ENJOY YOUR  
**LIFE**

THE PAIN YOU FEEL  
**TODAY**  
IS  
THE STRENGTH  
YOU FEEL  
**TOMORROW**

IT ALWAYS SEEMS  
**IMPOSSIBLE**  
UNTIL IT  
IS DONE

THE PLACE  
IS HERE  
THE TIME  
IS NOW  
JUST DO IT



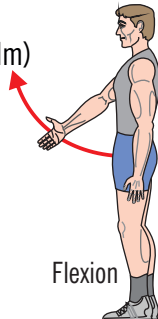
# KRAFTMESSUNG AN BEWEGUNGSBETEILIGTEN MUSKELN

## SCHULTERGELENK

### 3 Achsen **SCHULTERGELENK** 6 Bewegungen

#### ANTEVERSION des Armes (155,99 Nm)

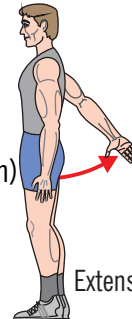
- M.deltoideus (97,12 Nm) 62,25%
- M.biceps brachii, kurzer Kopf (16,68 Nm) 10,69%
- M.supraspinatus (13,73 Nm) 8,80%
- M.pectoralis major (7,85 Nm) 5,05%
- M.infraspinatus (7,85 Nm) 5,03%
- M.coracobrachialis (6,87 Nm) 4,40%
- M.subscapularis (5,89 Nm) 3,77%



Flexion

#### RETROVERSION des Armes (29,43 Nm) (aus Tiefhalte)

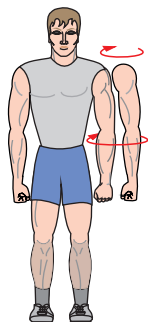
- M.deltoideus (8,83 Nm) 30,45%
- M.subscapularis (8,83 Nm) 30,45%
- M.teres major (7,85 Nm) 27,06%
- M.latissimus dorsi (2,94 Nm) 10,14%
- M.triceps brachii (0,98 Nm) 3,34%



Extension

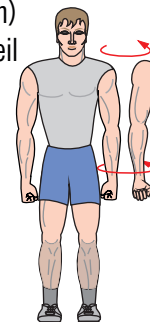
#### INNENROTATION des Armes (65 Nm)

- M.subscapularis (32,37 Nm) 49,80%
- M.pectoralis major (9,81 Nm) 15,09%
- M.biceps brachii, langer Kopf (9,81 Nm) 15,90%
- M.teres major (7,85 Nm) 12,08%
- M.latissimus dorsi (2,94 Nm) 4,52%
- M.deltoideus, vorderer Anteil (2,34 Nm) 3,60%



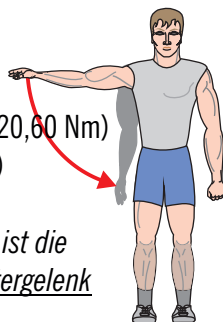
#### AUSSENROTATION des Armes (31,39 Nm)

- M.infraspinatus (24,53 Nm) 79,13%
- M.deltoideus, hinterer Anteil (3,92 Nm) 12,65%
- M.teres minor (2,94 Nm) 9,48%



#### ADDUKTION des Armes (aus der Seithalte) (408,1Nm)

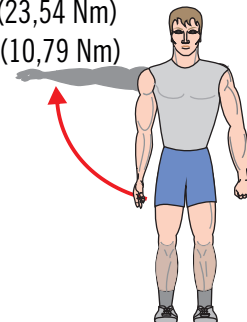
- M.pectoralis major (115,76 Nm) 28,37%
- M.triceps brachii (83,39 Nm) 20,44%
- M.teres major (71,61 Nm) 17,55%
- M.latissimus dorsi (53,96 Nm) 13,23%
- M.deltoideus (33,35 Nm) 8,17%
- M.biceps brachii, kurzer Kopf (20,60 Nm) 5,05%
- M.coracobrachialis (19,62 Nm) 4,81%
- M.subscapularis (9,81 Nm) 2,40%



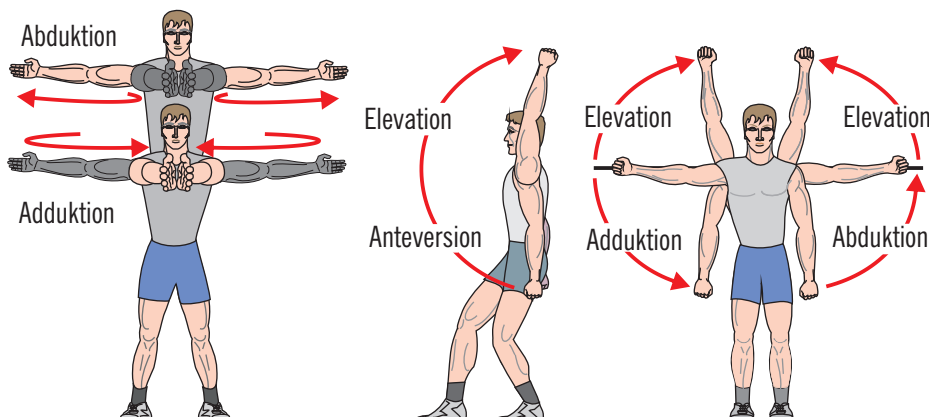
*Die Adduktion aus der Seithalte ist die kraftvollste Bewegung im Schultergelenk*

#### ABDUKTION des Armes (aus Tiefhalte) (162,84)

- M.deltoideus (102,02 Nm) 62,59%
- M.infraspinatus (26,49 Nm) 16,25%
- M.supraspinatus (23,54 Nm) 14,44%
- M.biceps brachii, (langer Kopf) (10,79 Nm) 6,62%

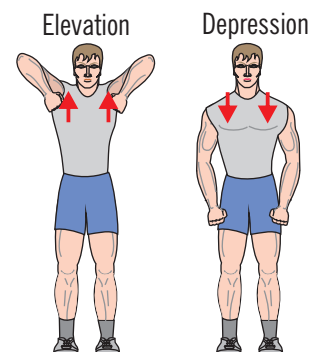


### Schultergelenk 6 Bewegungen



### Schlüsselbeingelenk

#### 1 Achse 2 Bewegungen



Alle Werte entstammen dem Buch „Sportanatomie“ von Jürgen Weineck - Verlag PERIMED FACHBUCH 1988  
Die Kraft-Prozentwerte wurden von uns beigefügt und sind jeweils nur von den messbaren größeren Muskeln!