

8 REGELN IM KRAFTTRAINING

1



Aktiv nutz- und kontrollierbare ROM



2



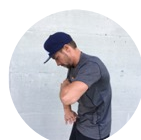
Verankern



3



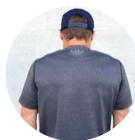
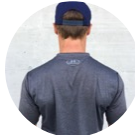
2-Hände Regel



4



neutrale Schulter



5



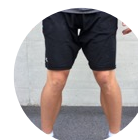
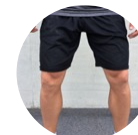
Ellbogen-Handgelenk Regel



6



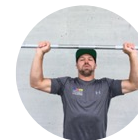
Gesetz des Drehmoments



7



richtige Atmung



8



Bewegungstempo

