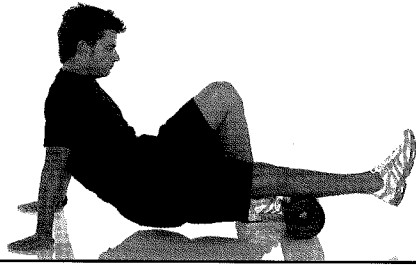


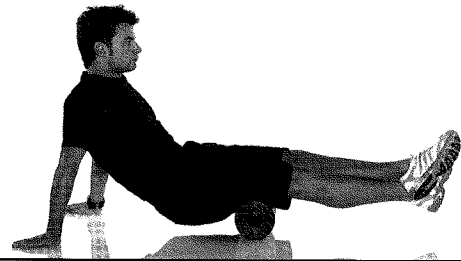
Erfolg = workout + rollout

1



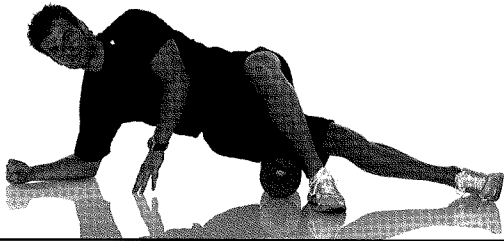
Gastrocnemius Rollout

2



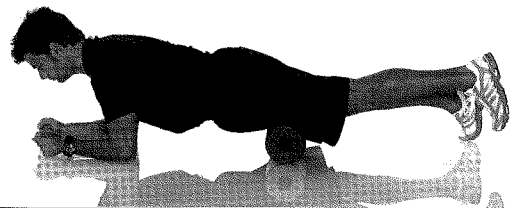
Ischiocrurales Rollout

3



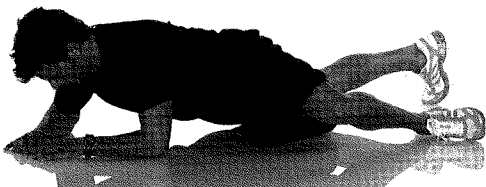
Tractus Iliotibialis Rollout

4



Quadriceps Rollout

5



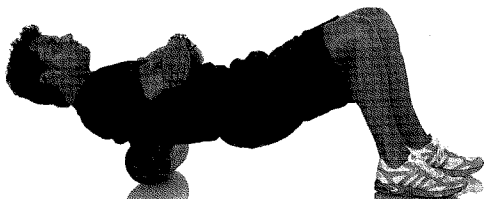
Adduktoren Rollout

6



Gluteus Rollout

7



Rücken Rollout

8



Latissimus Rollout

» Nach allen diesen Übungen zur Selbstmassage, sollten Sie das Gefühl wie nach einer tiefenwirkenden Massage haben.