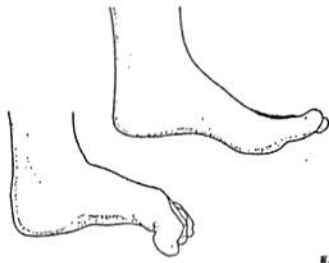


Ihre persönliche Fußgymnastik

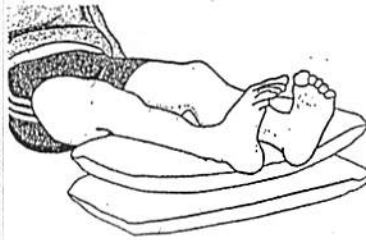
Basisprogramm Serie 10 / Blatt 1

evoletics[®]
Trainingsplanung

1. Zehen krallen



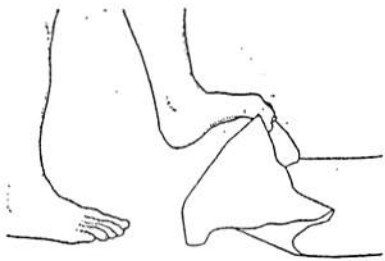
2. Einwärtsdrehung und Krallen



3. Zehen spreizen



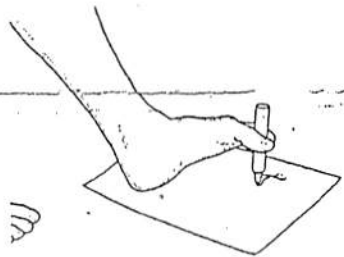
4. Tuch greifen



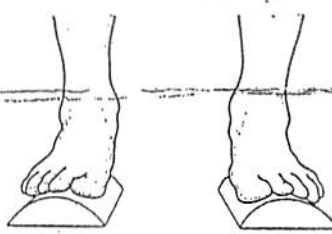
5. Seil knoten



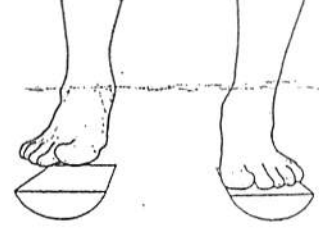
6. Stifte sortieren



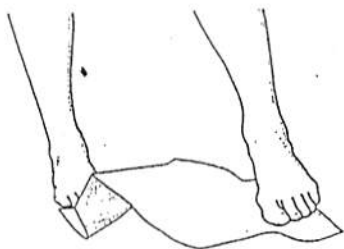
7. Kreiswahrnehmen / hören



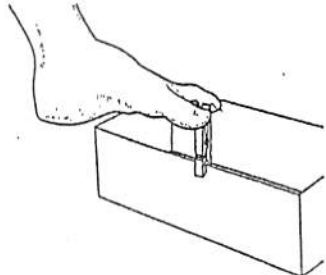
8. Wackelbrett (Gleichgewicht)



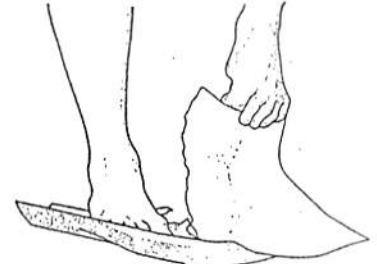
9. Zeitung / Papier zerkrühen und glätten



10. Klammer befestigen



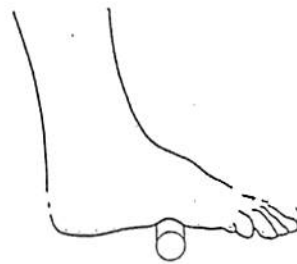
11. Zeitung / Papier zerreißen



13. Gegenstände in die Schüssel



14. Fußmassage



15. Auswärtsdrehung des Fußes

