

AGT-Reha – Exercise Plan

1. Exercise ‘Flieger’



SP



EP

Legend:

SP: Starting position

EP: End position

2. Exercise ‘Ahnungslos’



SP



EP

3. Exercise ‘Hurra’



SP



EP

4. Exercise 'Applaus'



SP



EP

5. Exercise 'Butterfly'



SP



EP

6. Exercise 'Helau (rechts)'



SP



EP

7. Exercise 'Helau (links)'



SP



EP

8. Exercise 'Laola'

SP



EP



SP sideways

9. Exercise 'Heber'

SP



EP



EP sideways

10. Exercise 'Winkekatze'

SP



EP