

Therabandprogramm

Bundeskader Bogen 2021

Oliver © Haidn & Bernd Degner

in Zusammenarbeit mit
evoletics

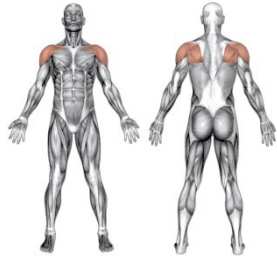
Hinweise

Durchführung

- **Körperspannung:** Auf eine stabile Rumpfposition bei guter Körperspannung ist grundsätzlich zu achten.
- **Beidseitigkeit:** Isolierte Übungen (z. B. Übung ②) sind links und rechts auszuführen.
- **Beteiligte Muskulatur:** Schwerpunktmäßig sind die in der oberen linken Bildecke angezeigten Muskelgruppen in der Ausführung beteiligt.

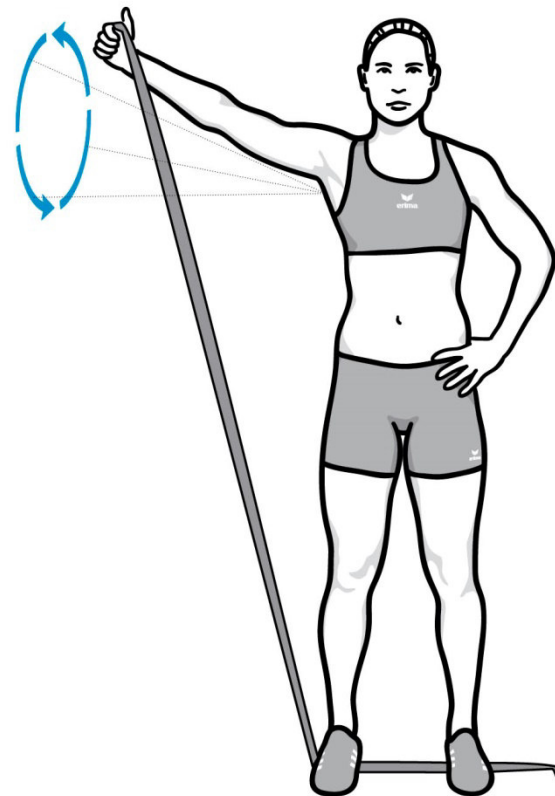
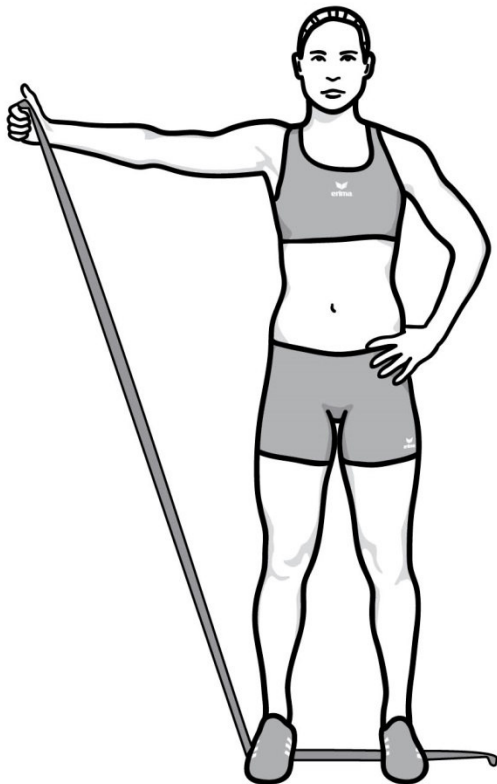
Belastungsnormative

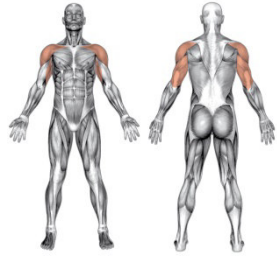
- **Belastungsintensität:**
Therabandfarbe gelb, rot oder grün
- **Belastungsumfang:**
12 Wiederholungen pro Übung oder 60“
- **Belastungsdichte:**
10 Sekunden Pause nach jeder Übung
- **Trainingshäufigkeit:**
3 x pro Woche à 15 Minuten oder vor/nach jeder Trainingseinheit



Armkreisen

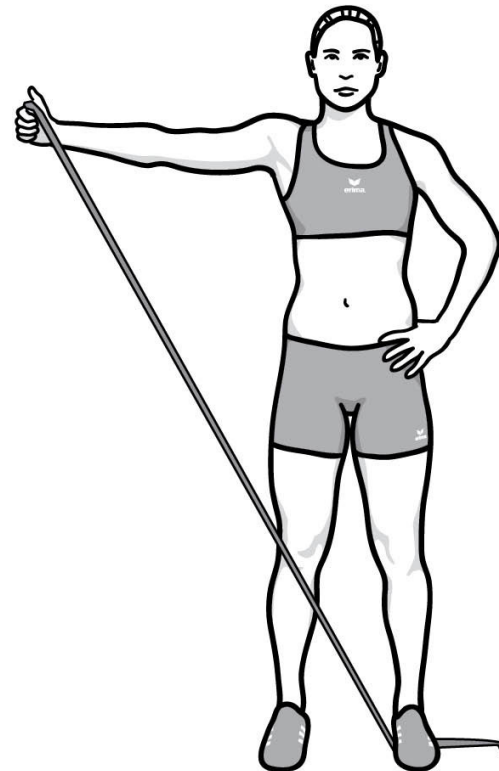
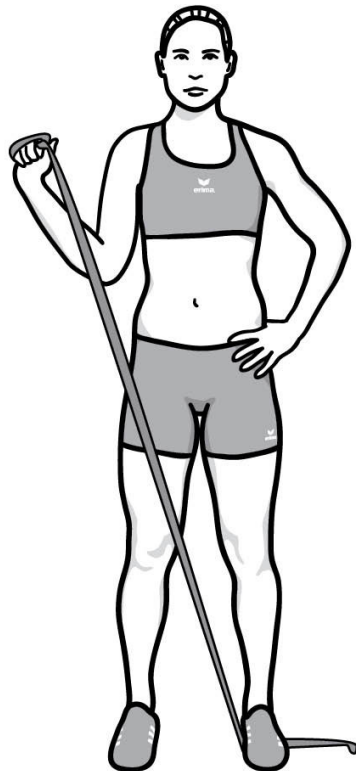
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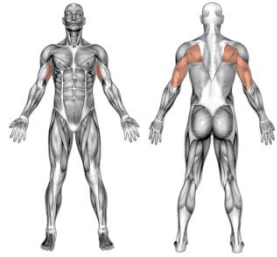




Horizontales Armstrecken

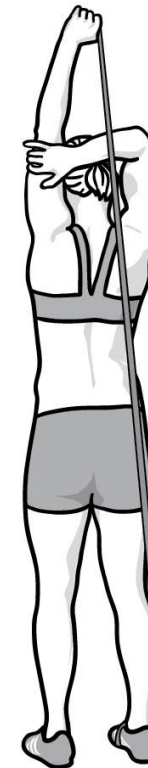
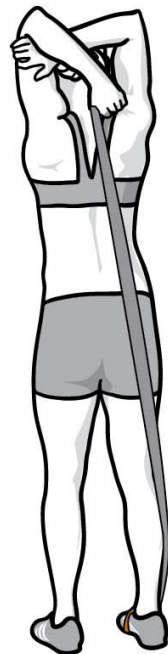
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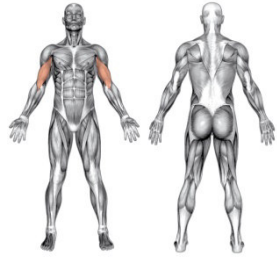




Vertikales Armstrecken

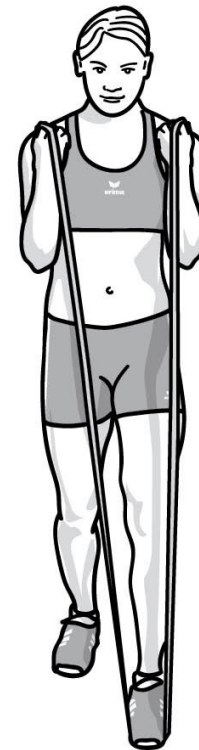
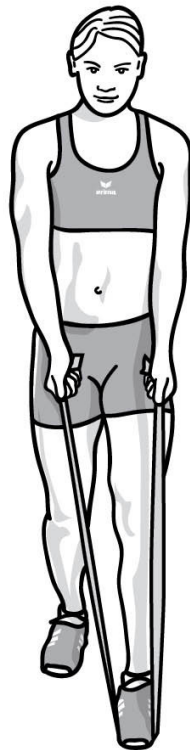
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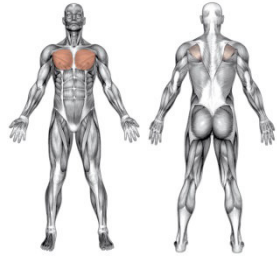




Vertikales Armbeugen

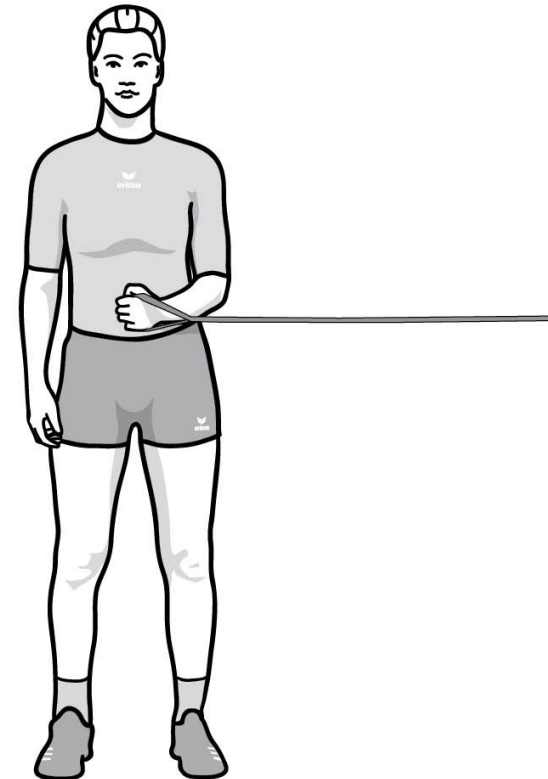
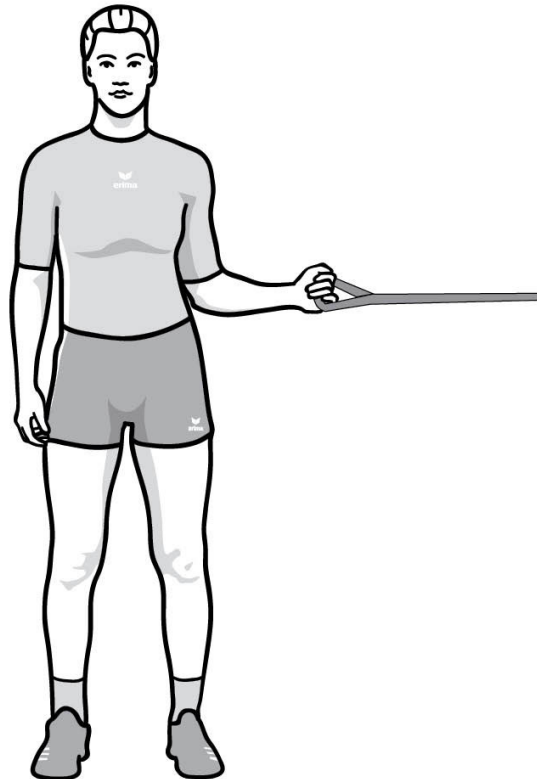
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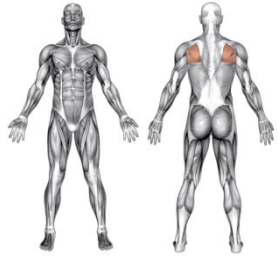




Innenrotation

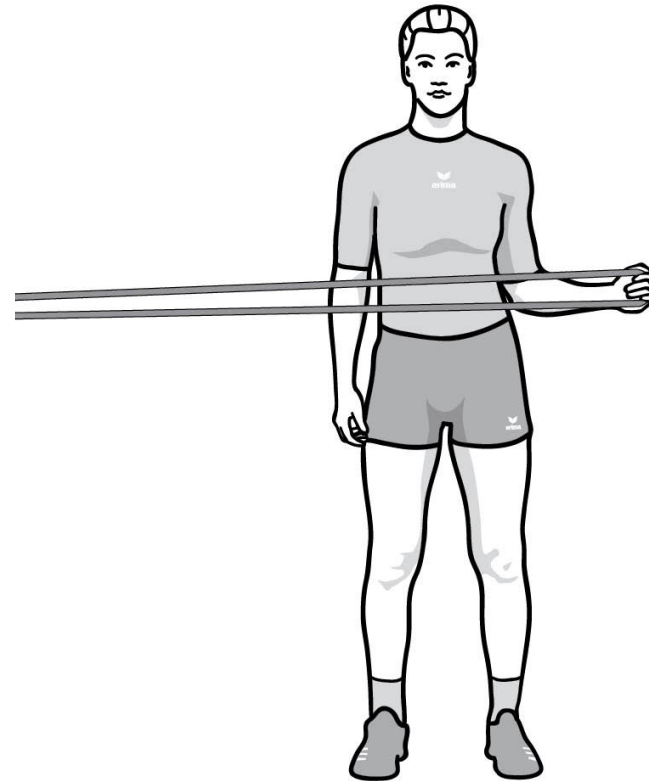
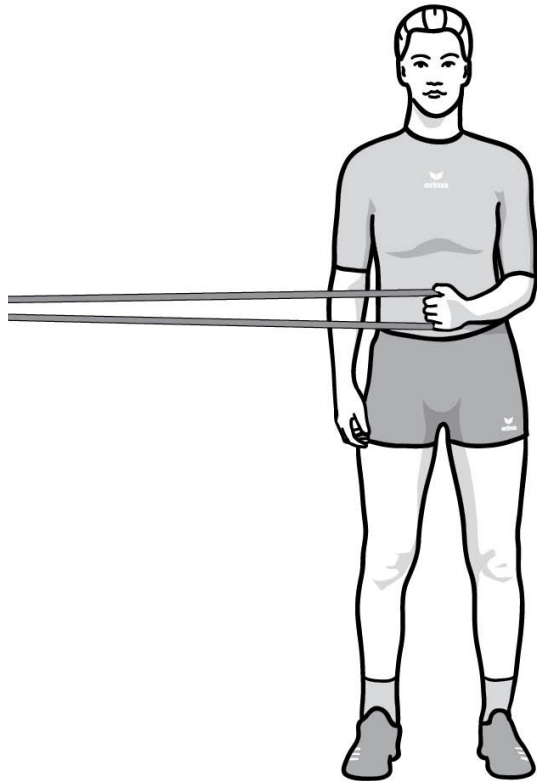
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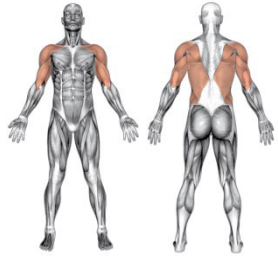




Aussenrotation

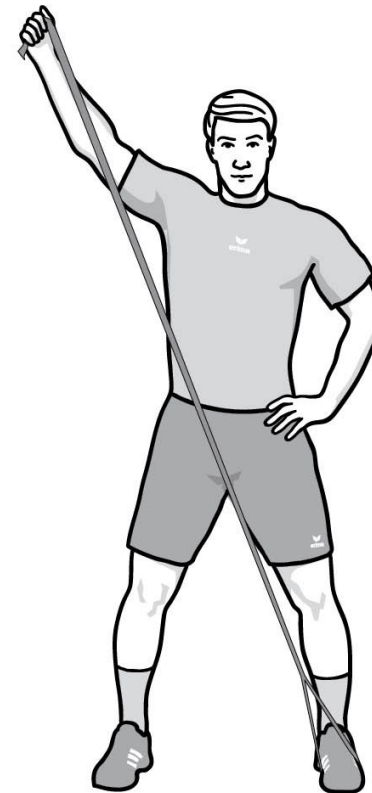
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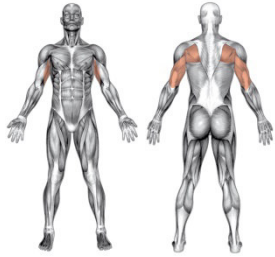




Diagonales Anheben des gestreckten Armes

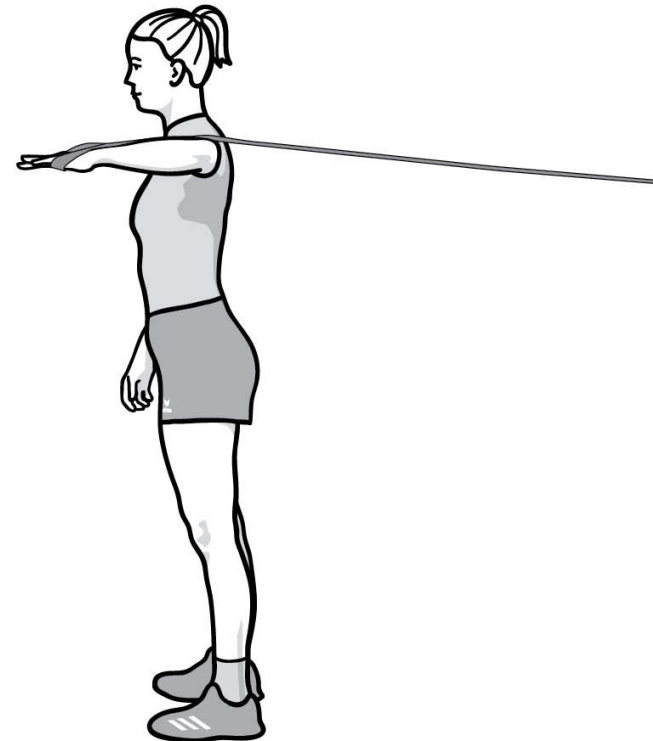
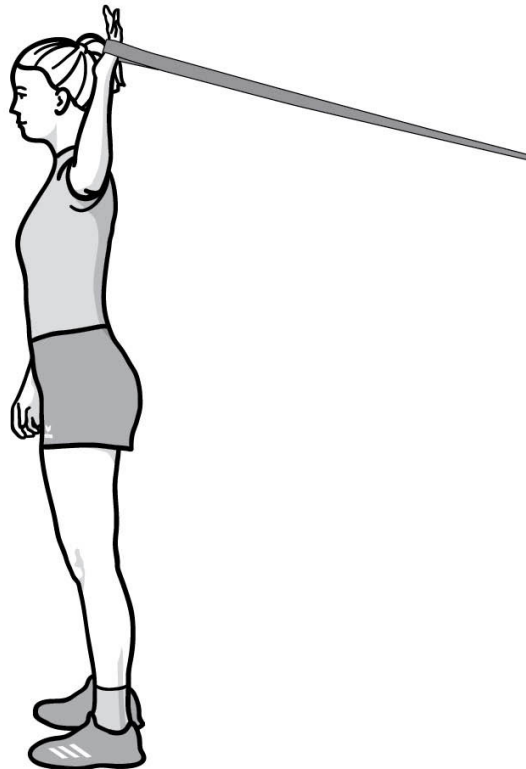
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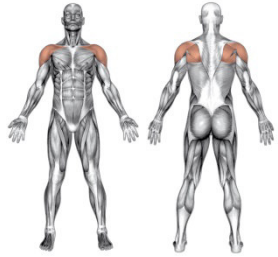




Hochrotation IR

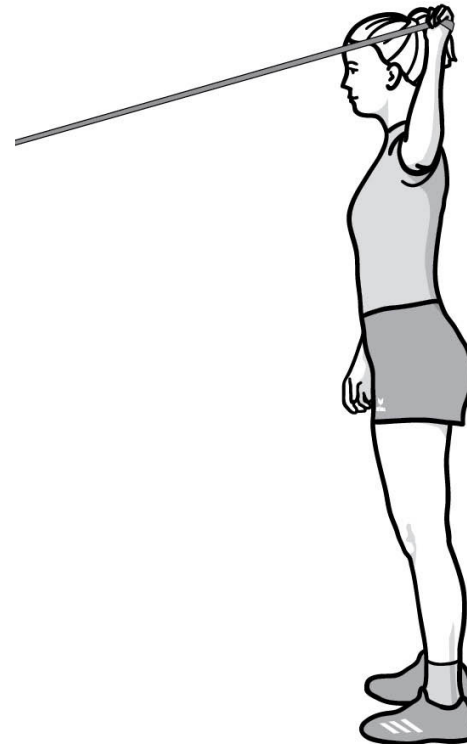
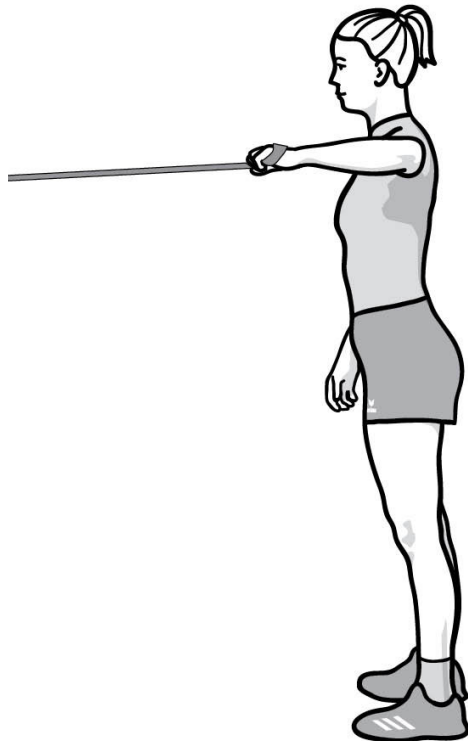
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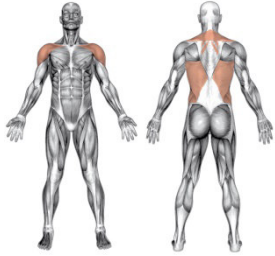




Hochrotation AR

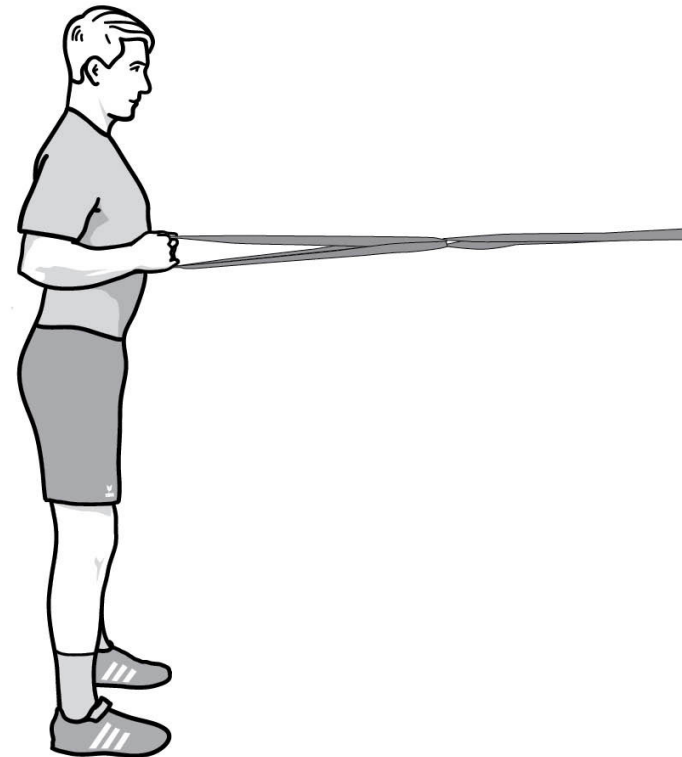
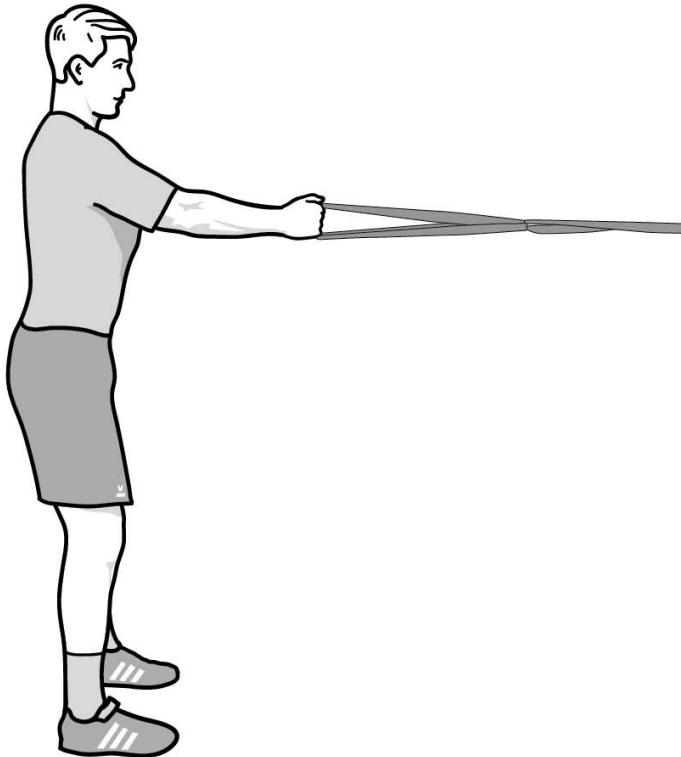
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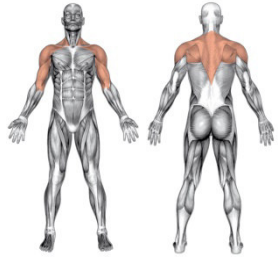




Zugbewegung tief

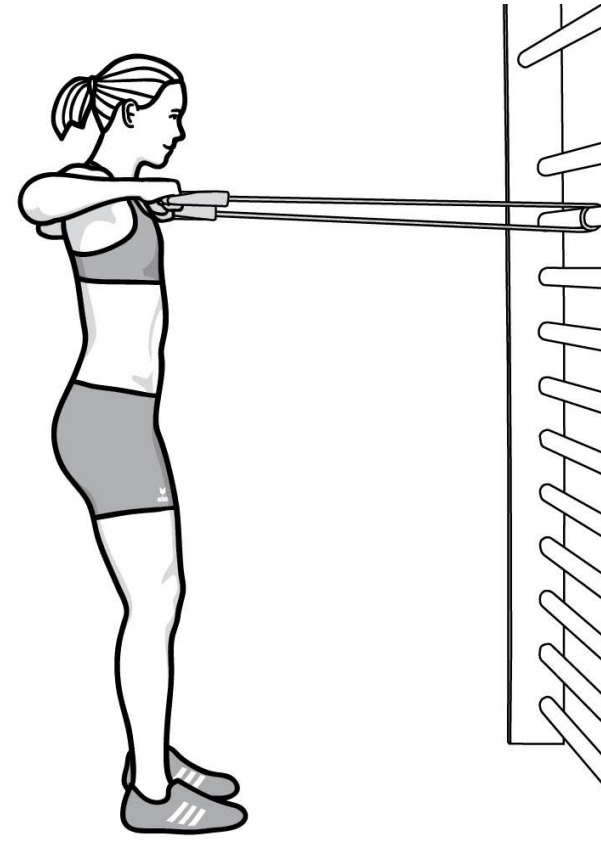
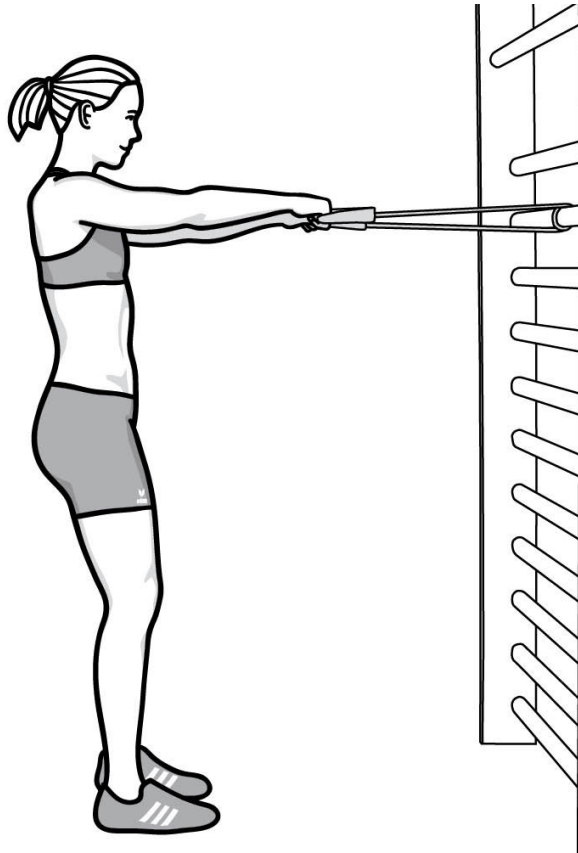
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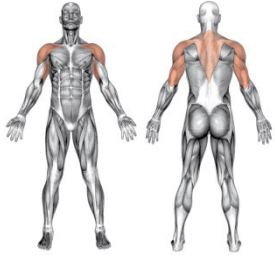




Zugbewegung hoch

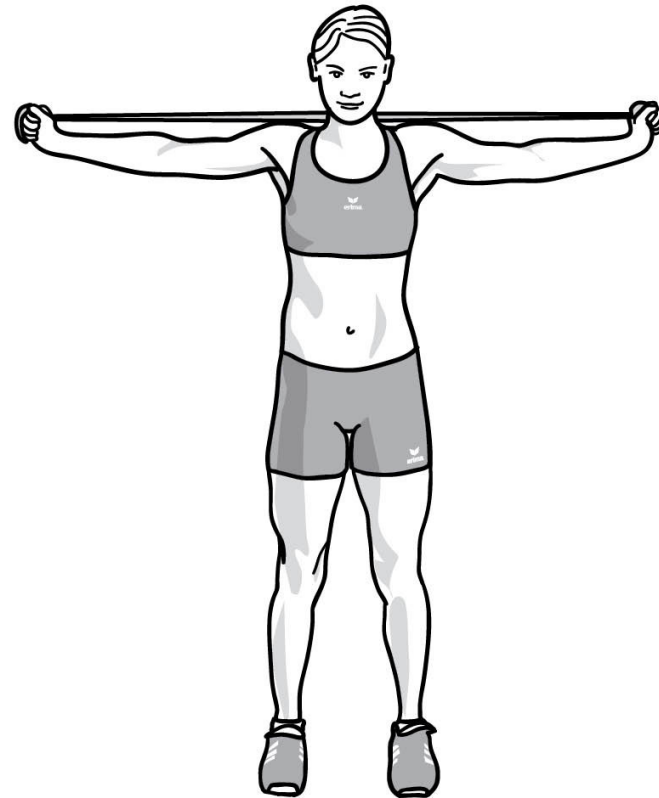
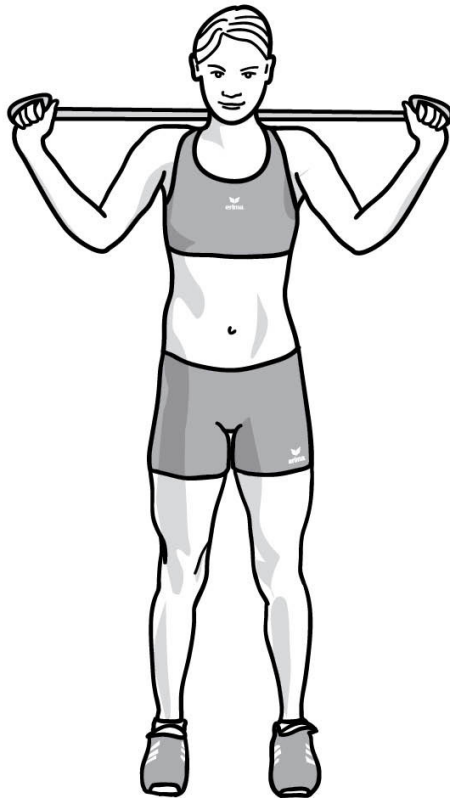
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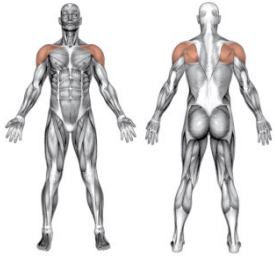




Horizontale Expansion

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Vertikales Schulterdrücken

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