

Aufbauvarianten

BODEN





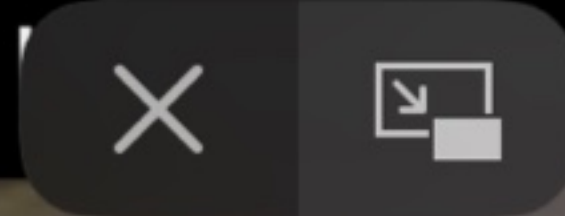
Einturnen
um
Tierpark

Variationen



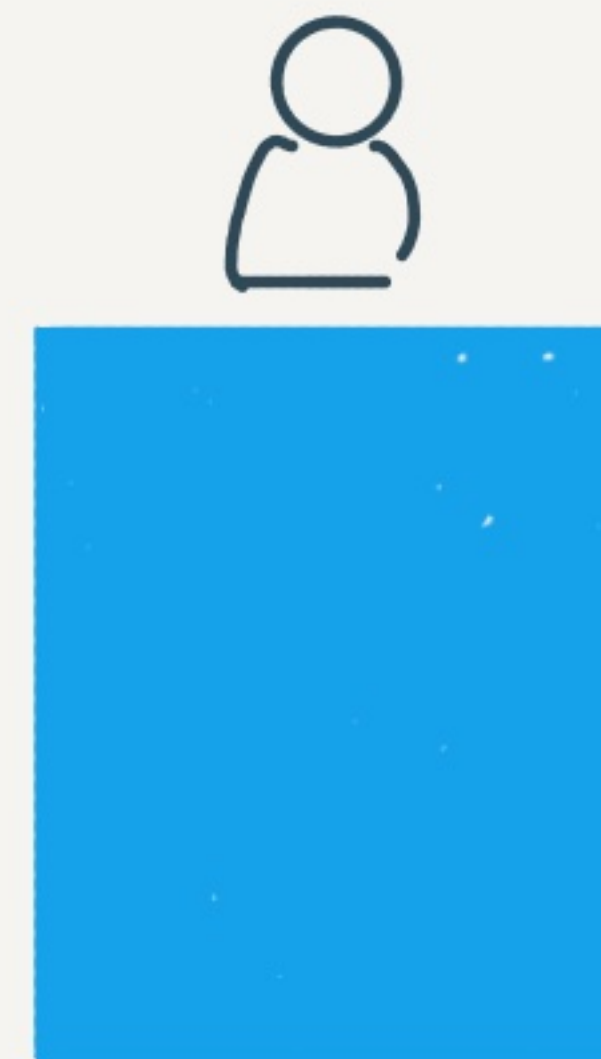
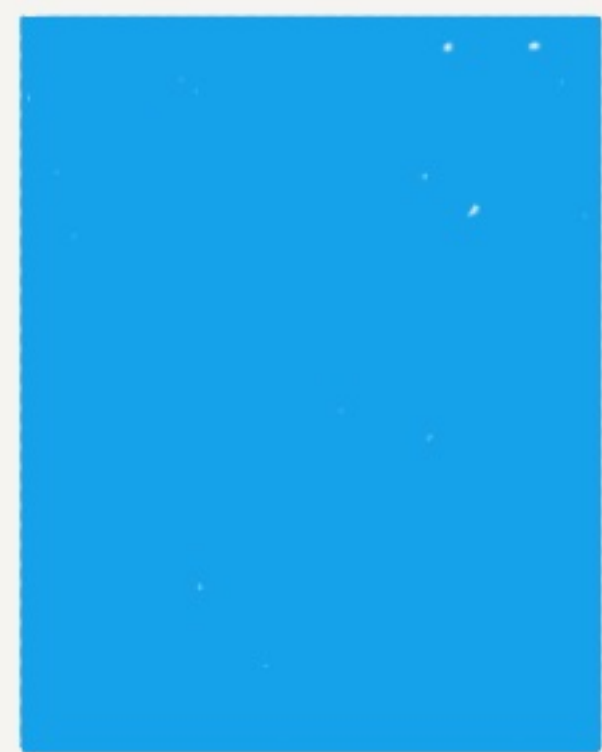
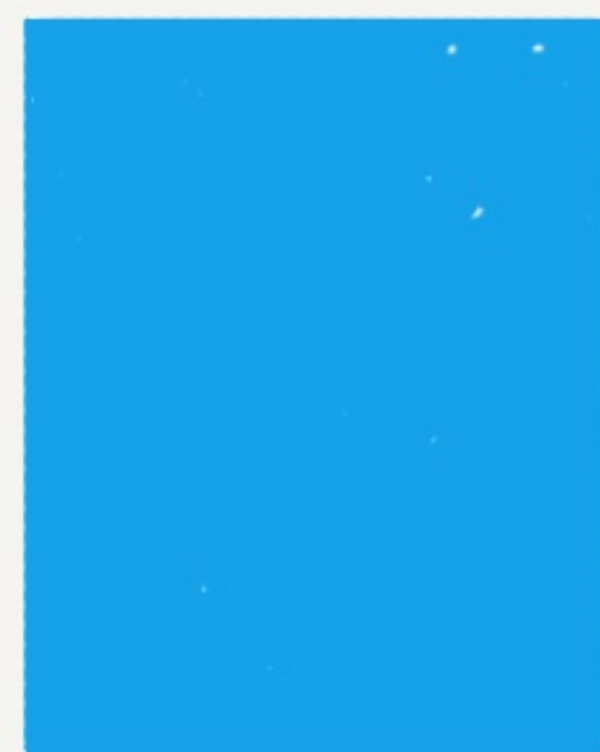
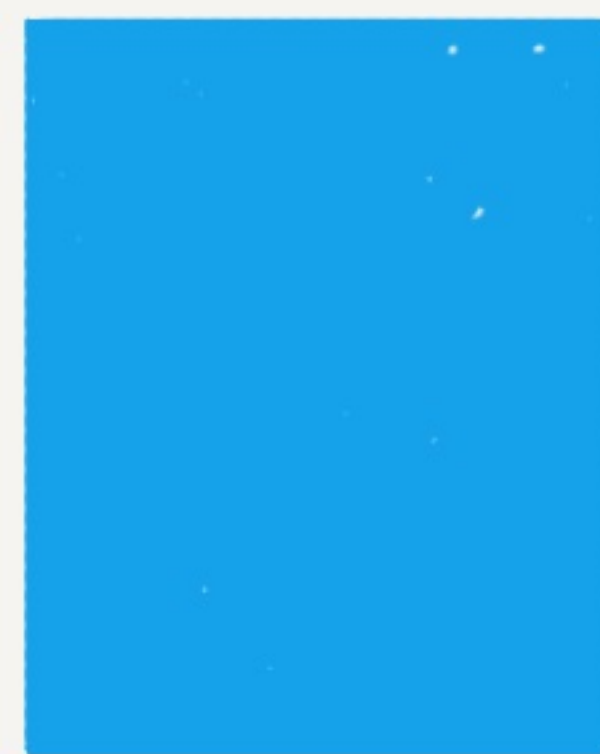
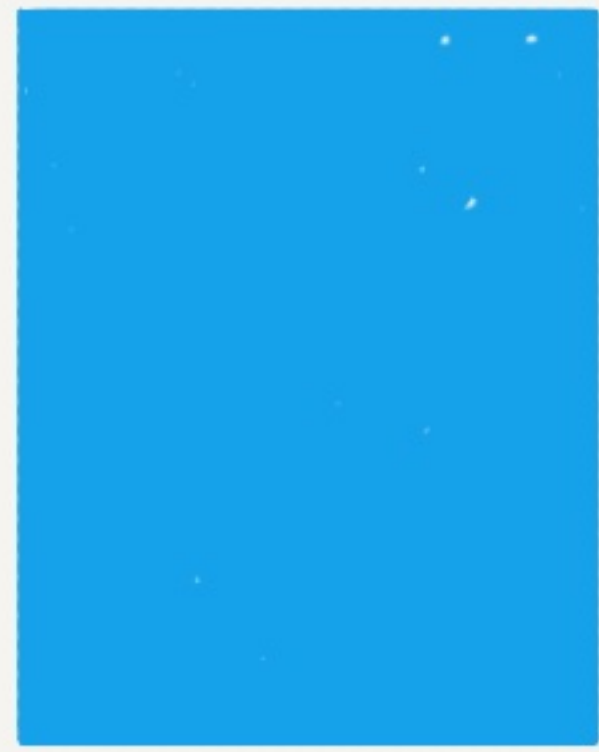
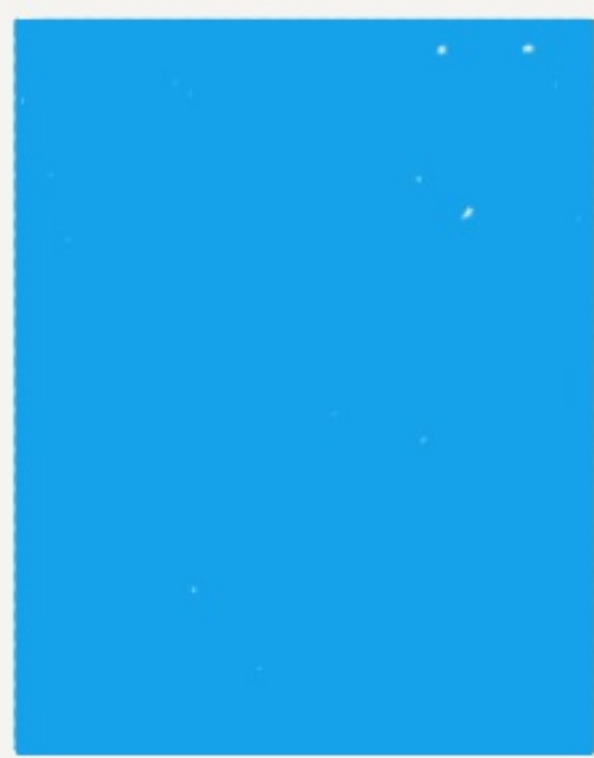
07:58 Di. 17. Sep.

78 %



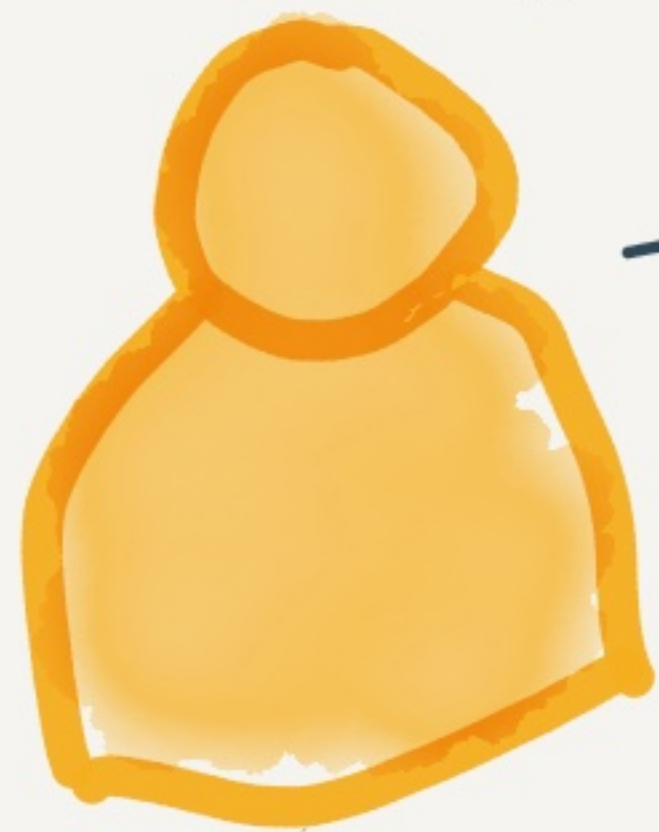
! Kleuren Turnen » Skills & Drills





2 Kinder
pro
Turnmatte

Blickfeld



A

2 SuS
pro
Matte

B

Tiere
Buddies

A

gleiche
Größe +
Gewicht

B

gleicher
Körpers-
stand

Hand-
stand
(Waage)

Rolle
rw.

Rolle
rw.
(Ebene)

RAO

Rad-
wende

Streck-
sprung /
Hocksprung

360°
Drehung

Kette
(Felge)

Rücken-
schaukel

Matte A + Synchronübung + Matte B