

# **Therabandprogramm**

## Bundeskader Bogen 2021

Oliver © Haidn & Bernd Degner

in Zusammenarbeit mit  
evoletics

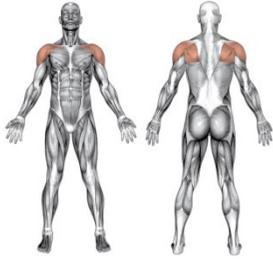
# Hinweise

## 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.

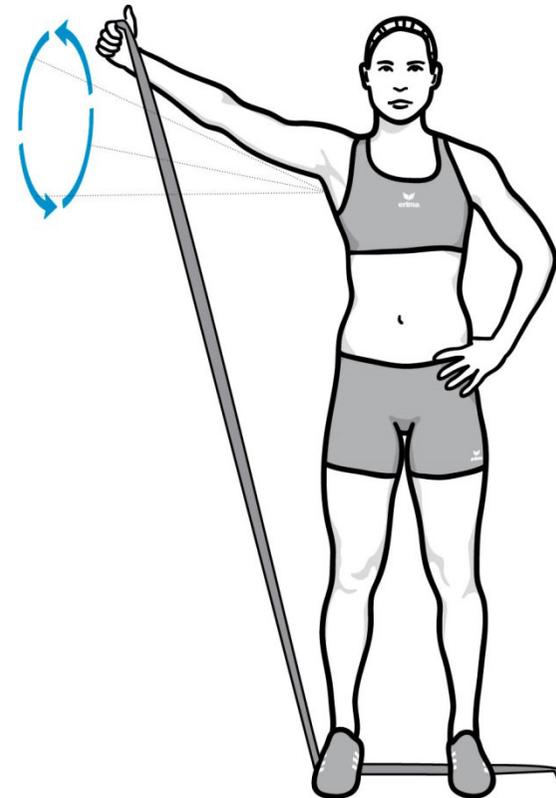
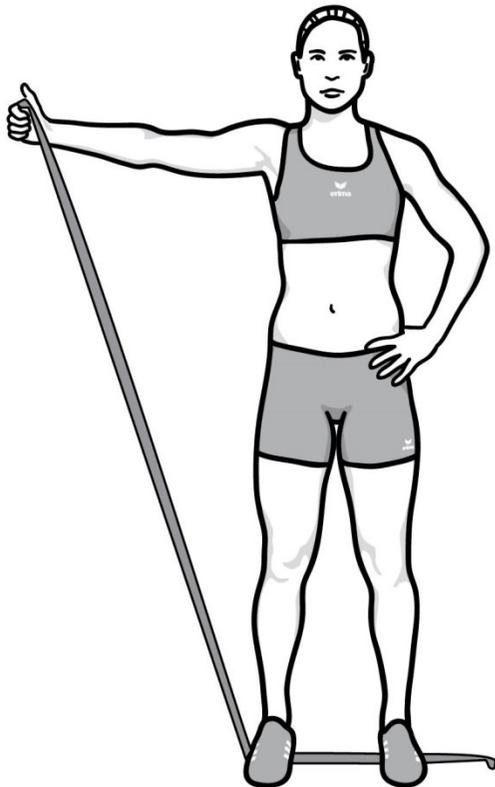
## Belastungsnormative

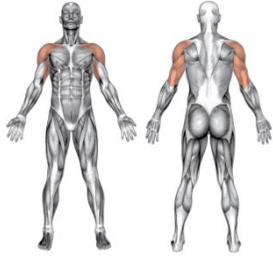
- **Belastungsintensität:**  
Therabandfarbe gelb, rot oder grün
- **Belastungsumfang:**  
12 Wiederholungen pro Übung oder 60“
- **Belastungsdichte:**  
10 Sekunden Pause nach jeder Übung
- **Trainingshäufigkeit:**  
3 x pro Woche à 15 Minuten oder vor/nach jeder Trainingseinheit



# Armkreisen

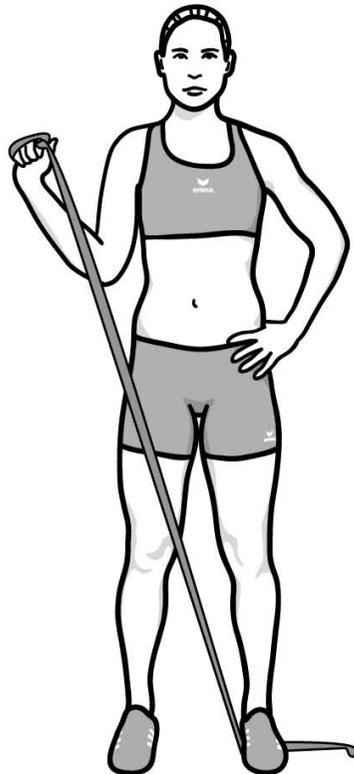
1

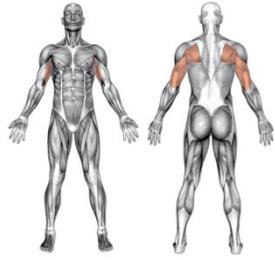




# Horizontales Armstrecken

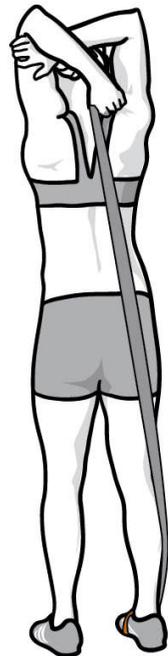
2

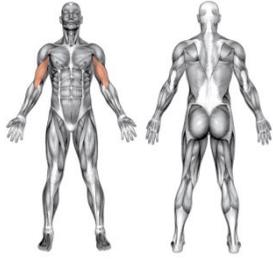




# Vertikales Armstrecken

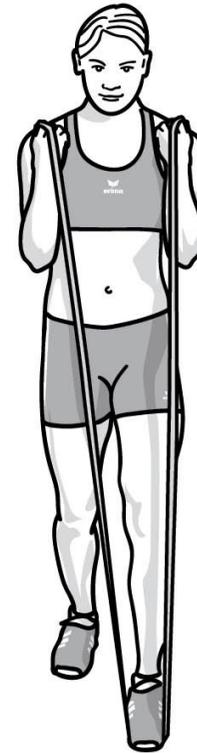
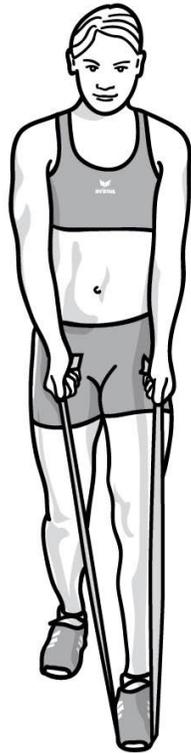
3

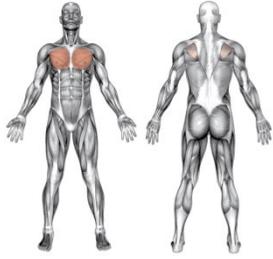




# Vertikales Armbeugen

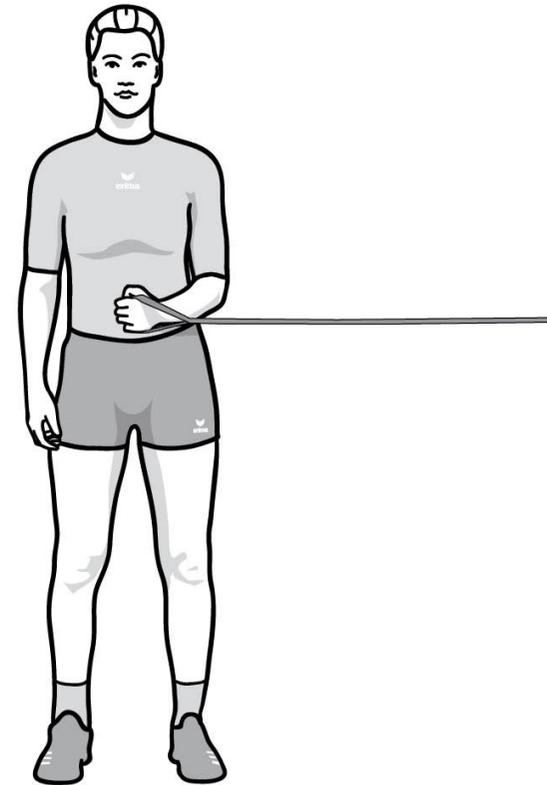
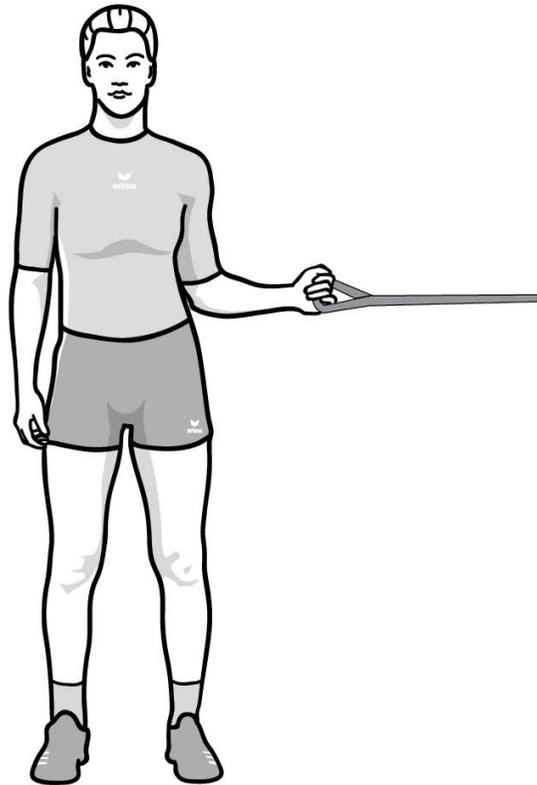
4

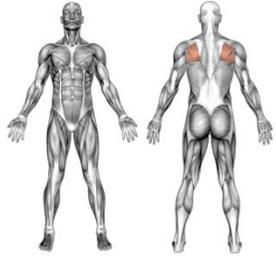




# Innenrotation

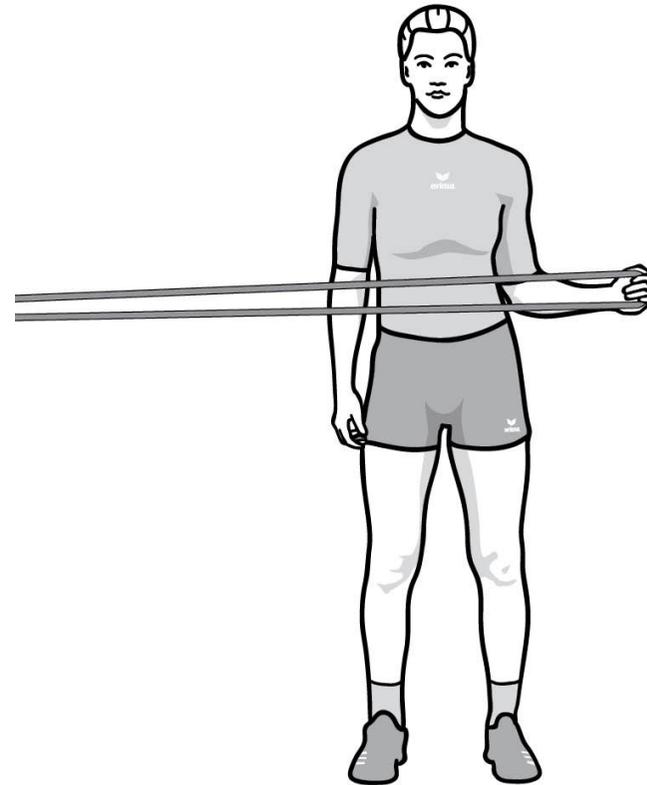
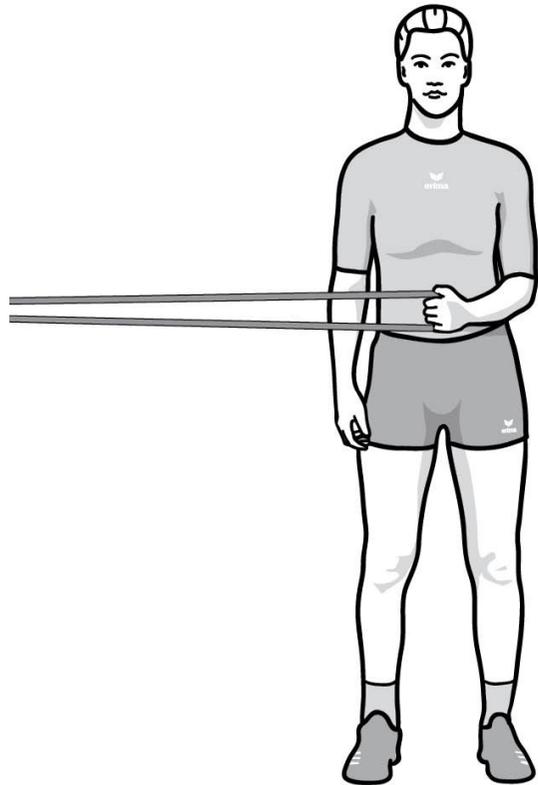
5

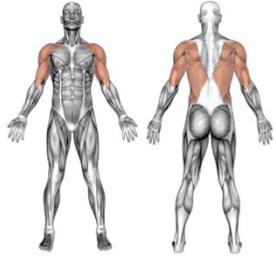




# Aussenrotation

6

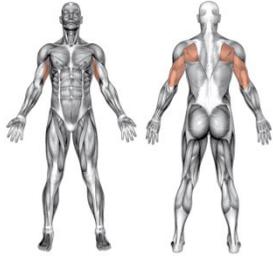




# Diagonales Anheben des gestreckten Armes

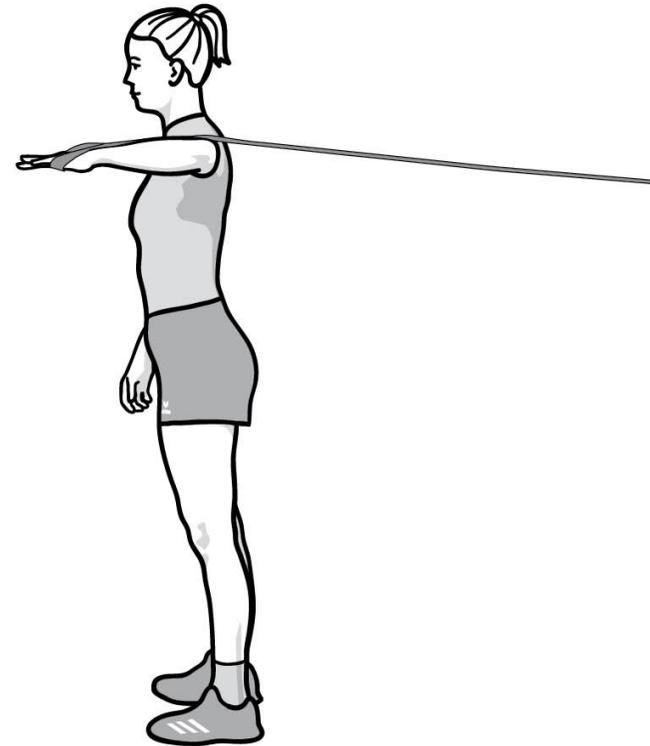
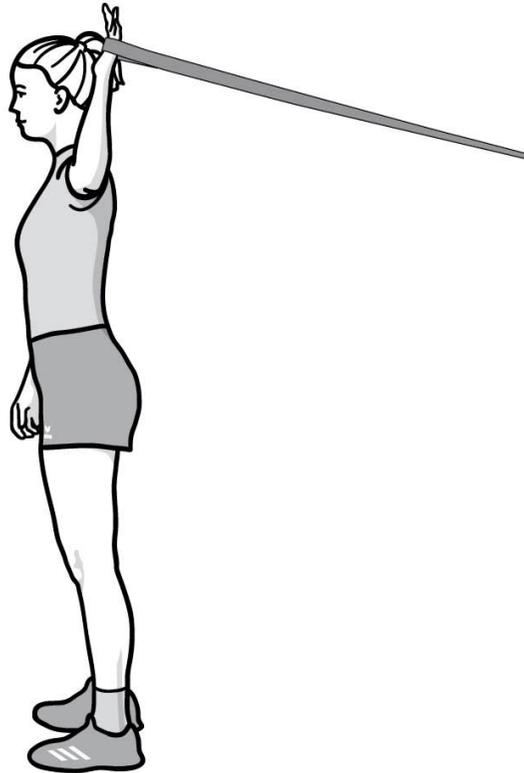
7

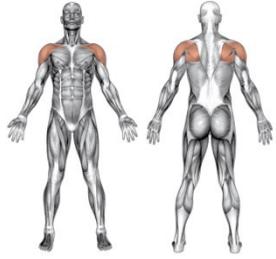




# Hochrotation IR

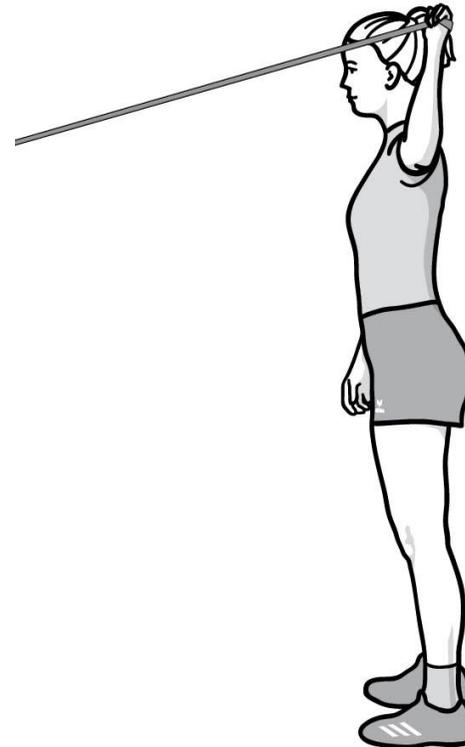
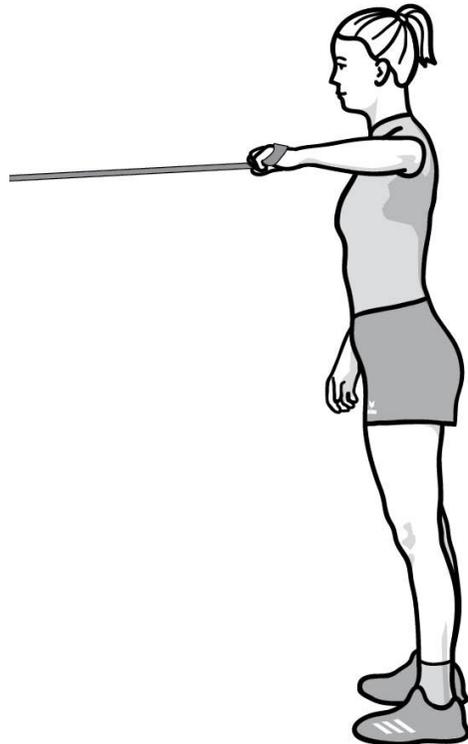
8

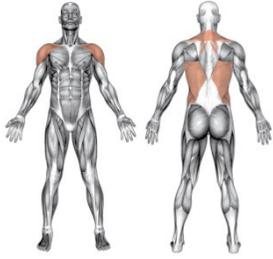




# Hochrotation AR

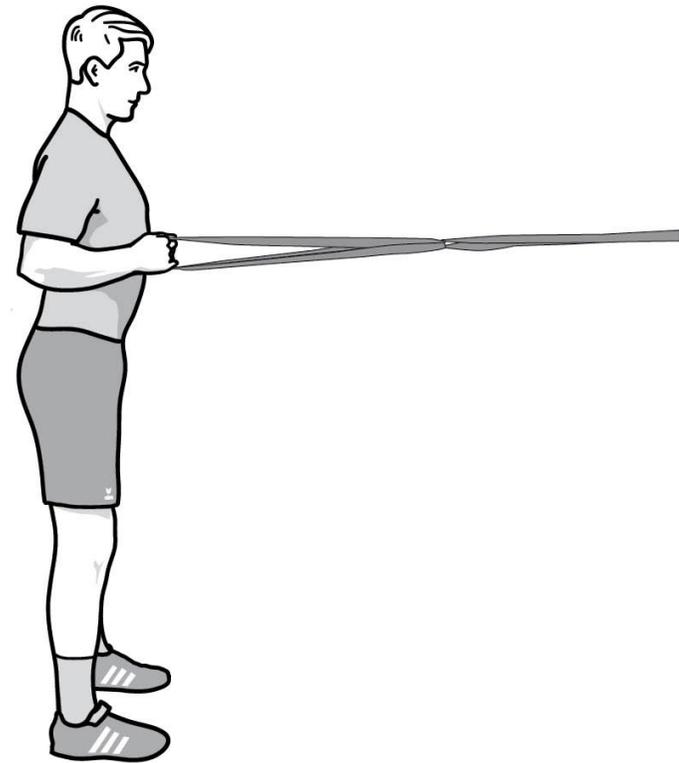
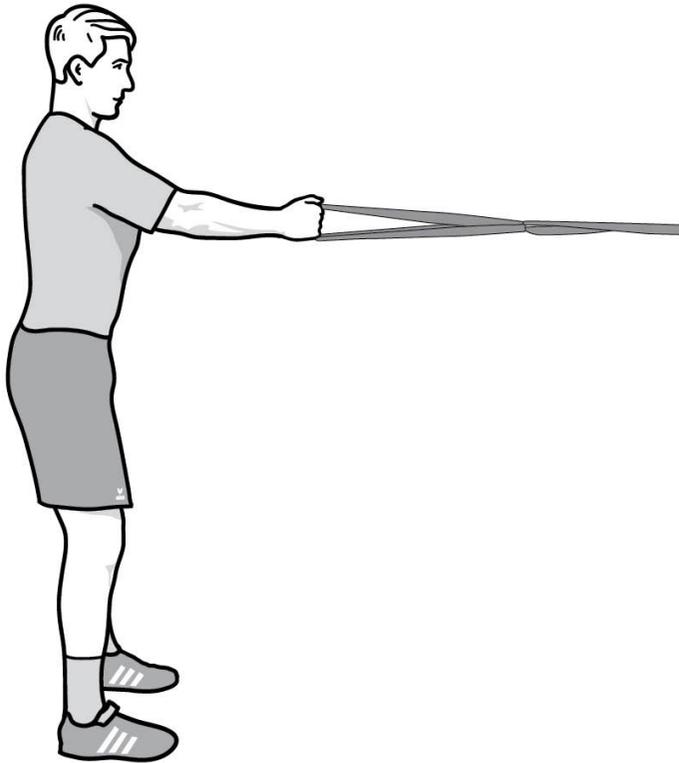
9

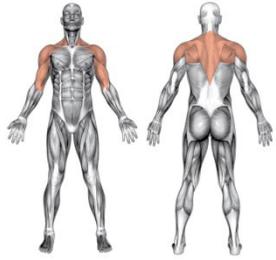




# Zugbewegung tief

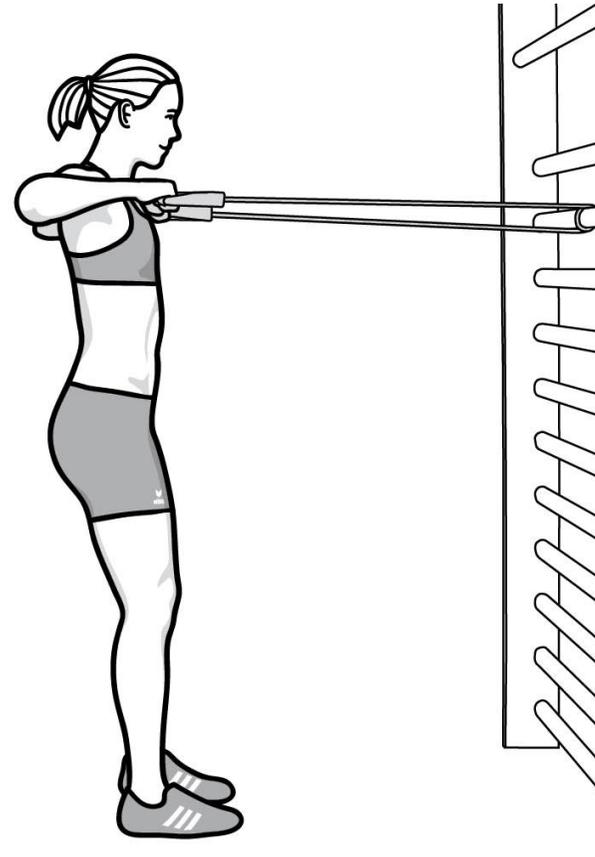
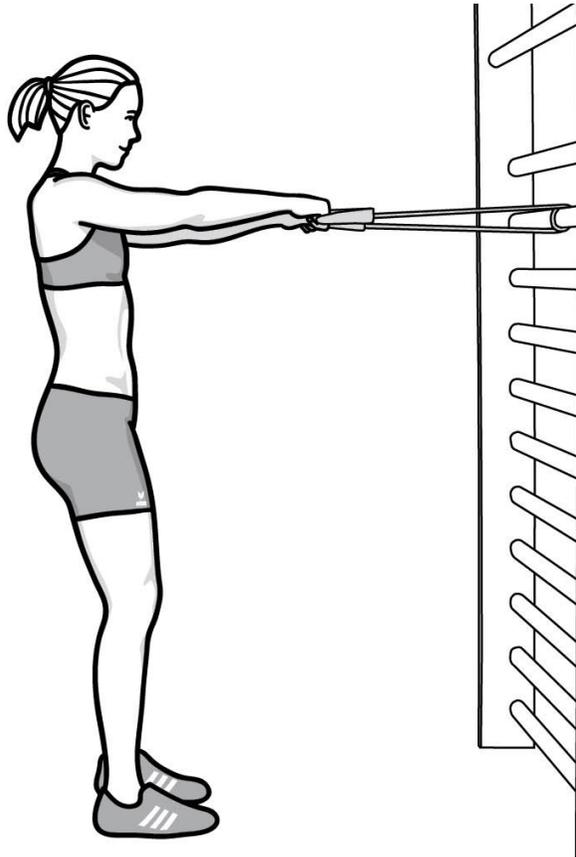
10

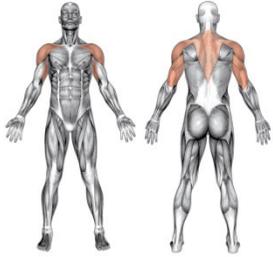




# Zugbewegung hoch

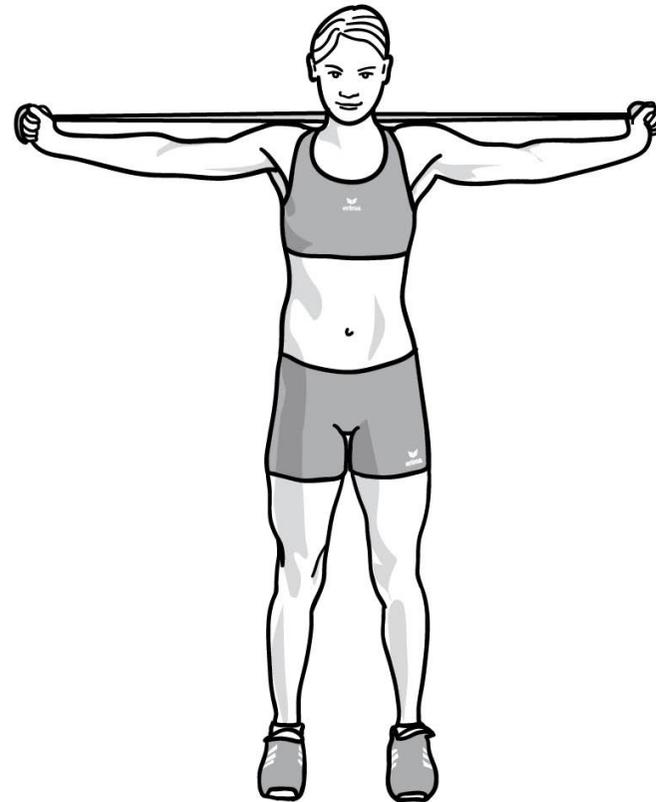
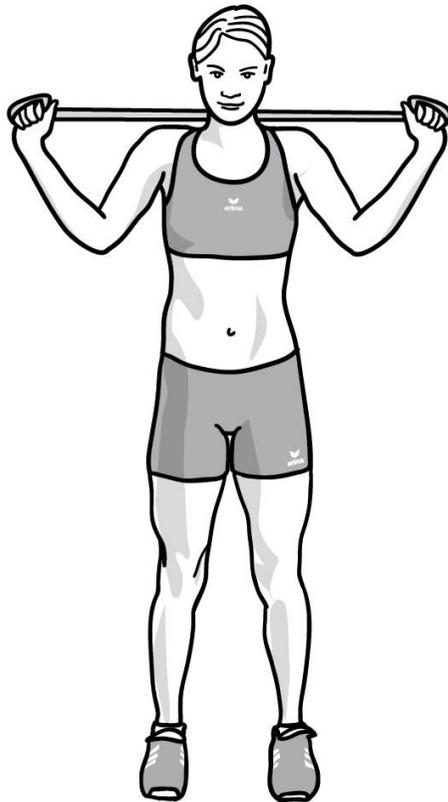
11

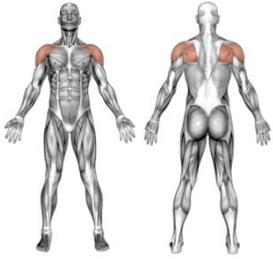




# Horizontale Expansion

12





# Vertikales Schulterdrücken

13

