

# **Therabandprogramm**

## Bundeskader Bogen 2021

Oliver © Haidn & Bernd Degner

in Zusammenarbeit mit  
evoletics

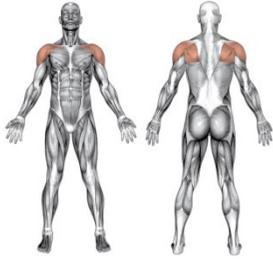
# Hinweise

## 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.

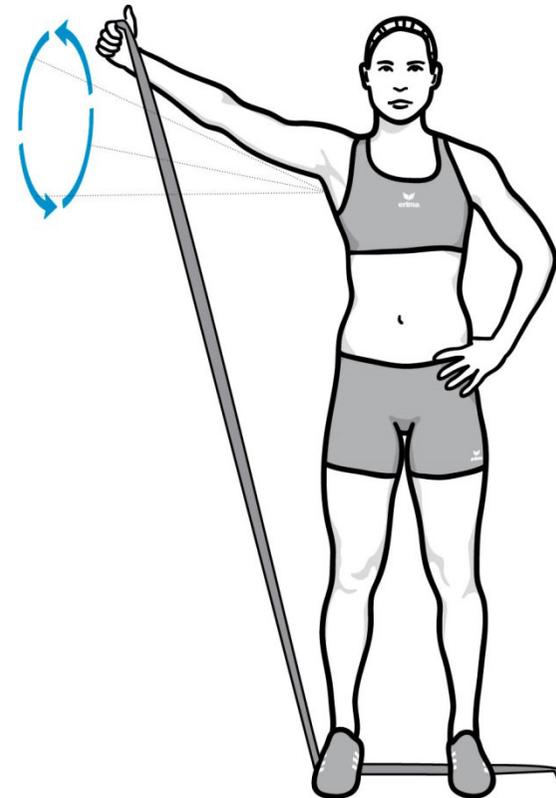
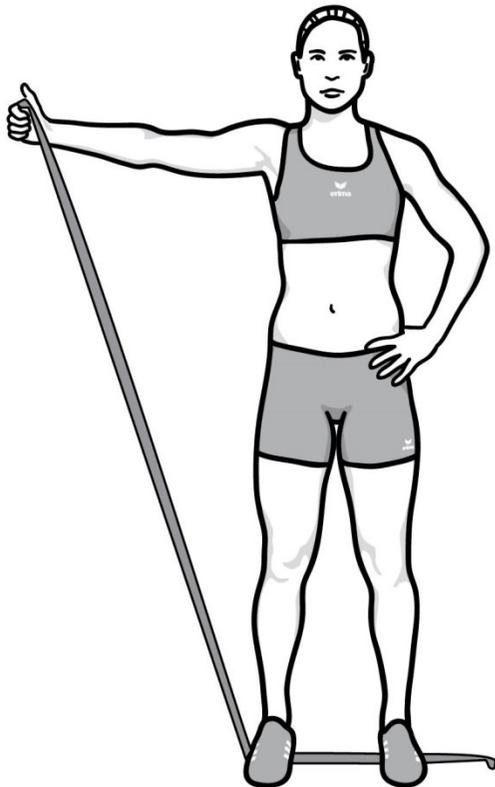
## Belastungsnormative

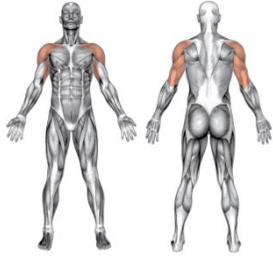
- **Belastungsintensität:**  
Therabandfarbe gelb, rot oder grün
- **Belastungsumfang:**  
12 Wiederholungen pro Übung oder 60“
- **Belastungsdichte:**  
10 Sekunden Pause nach jeder Übung
- **Trainingshäufigkeit:**  
3 x pro Woche à 15 Minuten oder vor/nach jeder Trainingseinheit



# Armkreisen

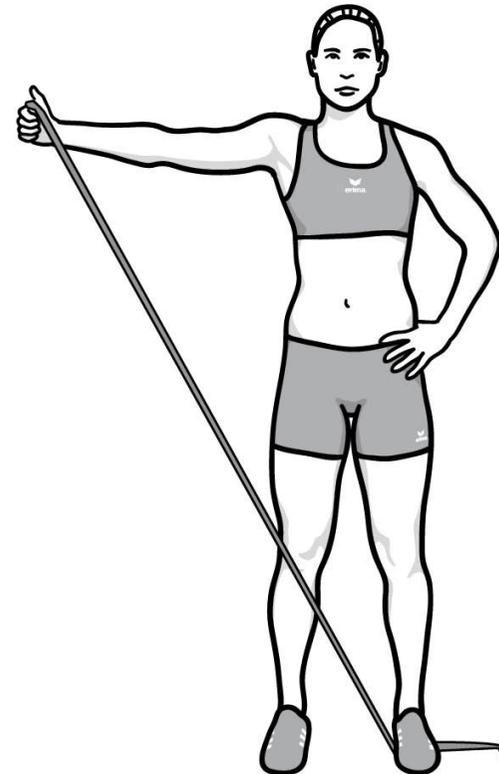
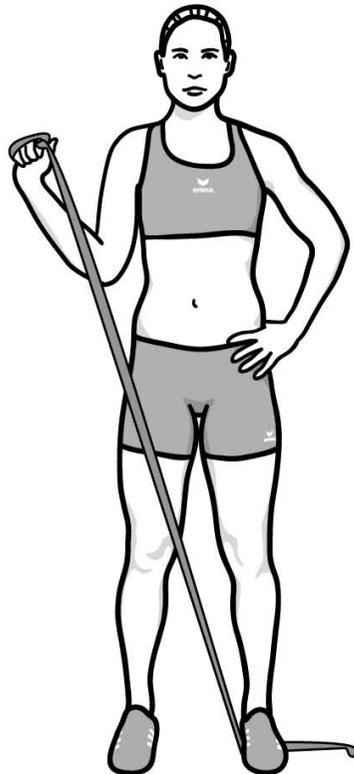
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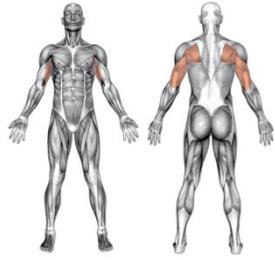




# Horizontales Armstrecken

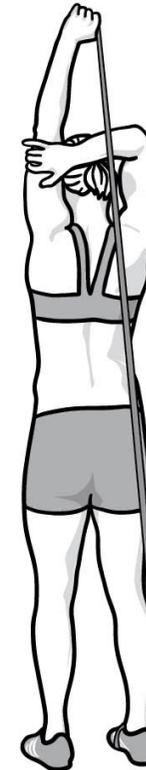
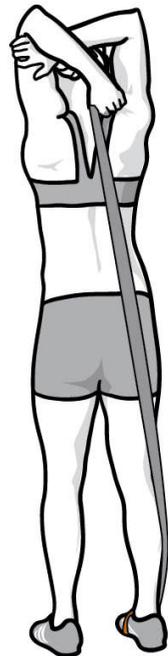
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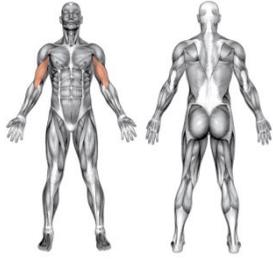




# Vertikales Armstrecken

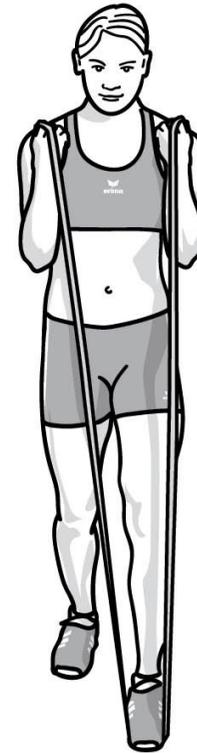
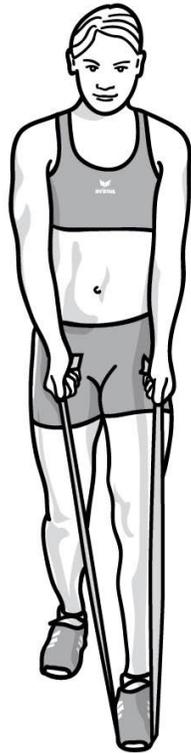
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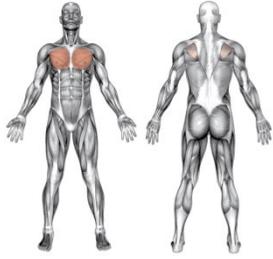




# Vertikales Armbeugen

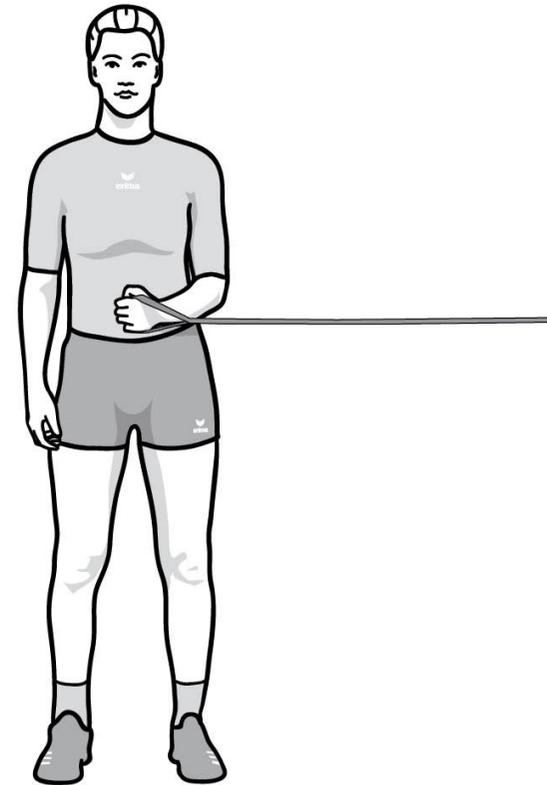
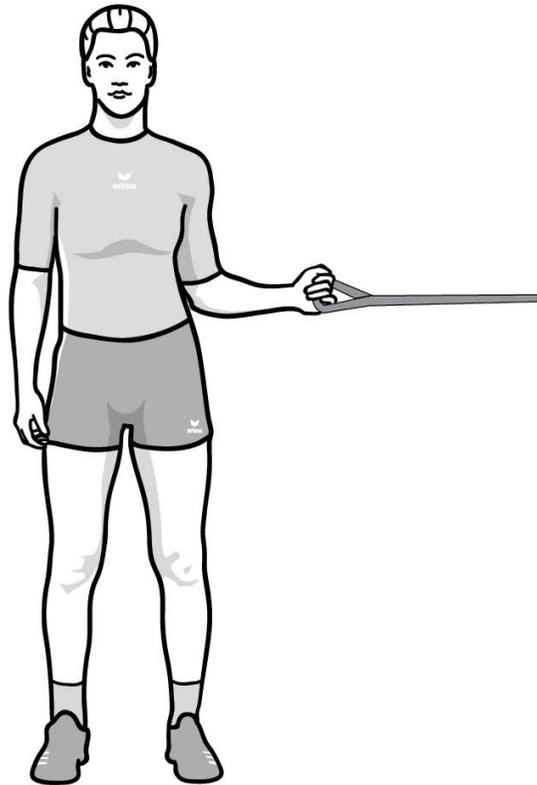
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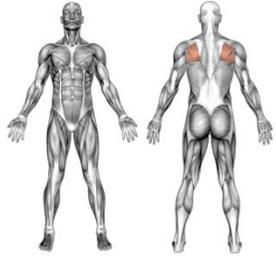




# Innenrotation

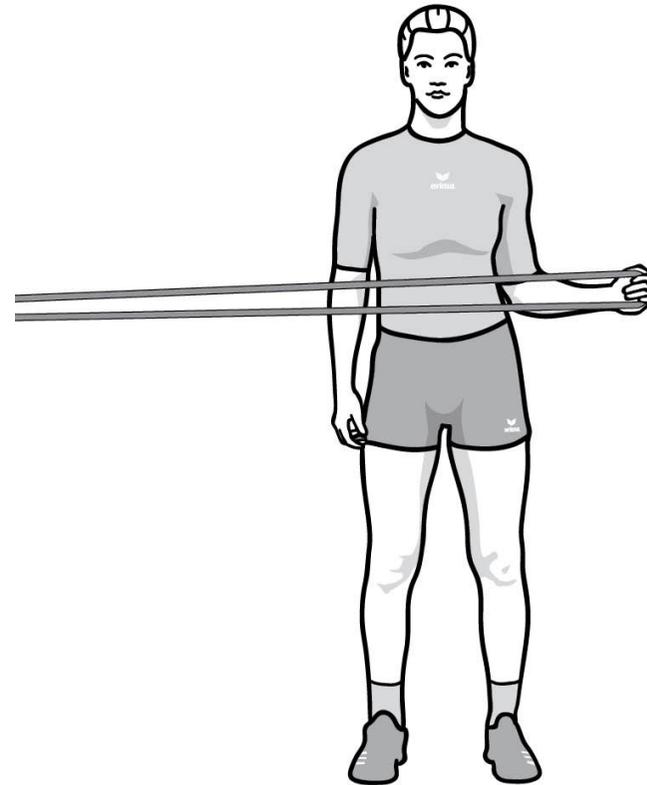
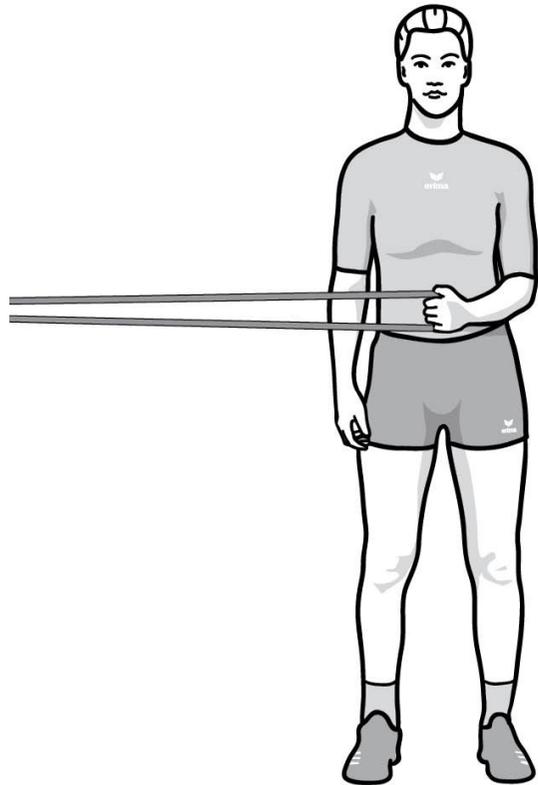
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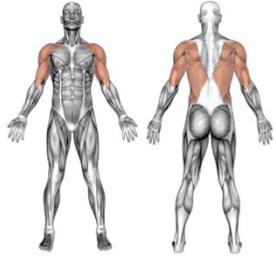




# Aussenrotation

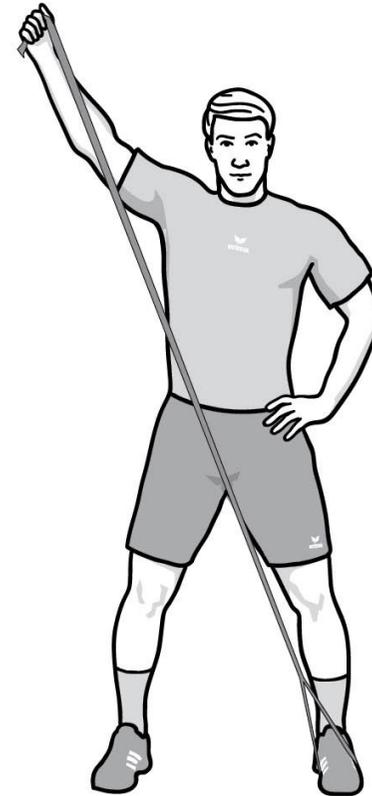
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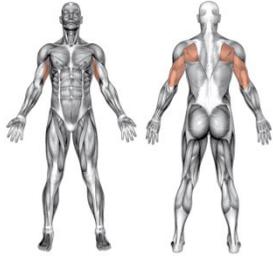




# Diagonales Anheben des gestreckten Armes

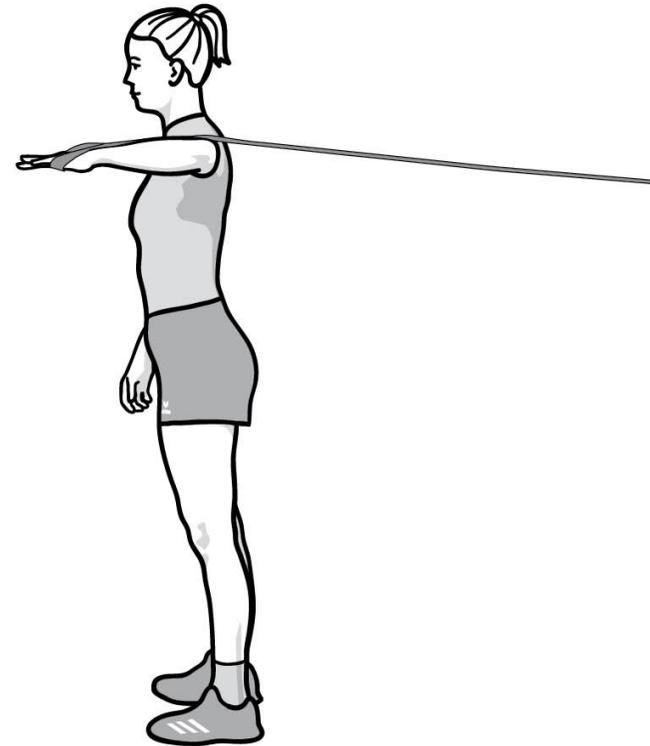
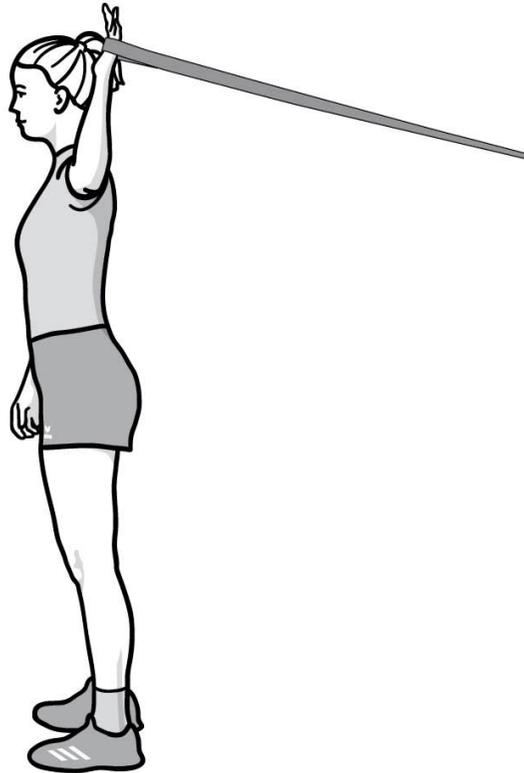
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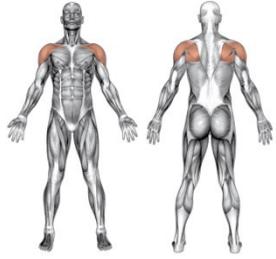




# Hochrotation IR

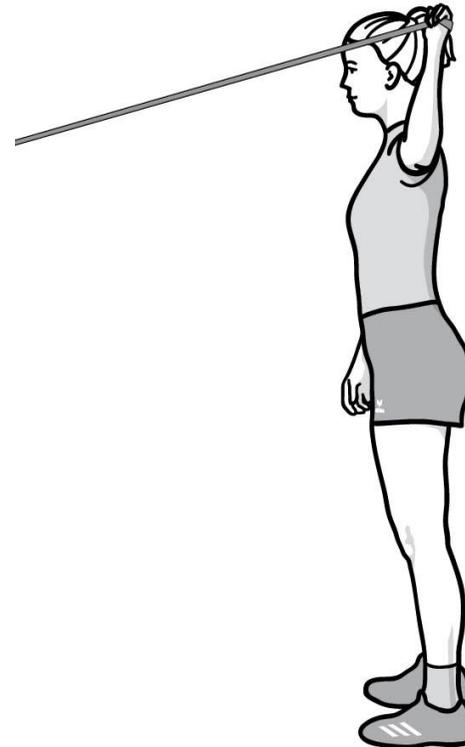
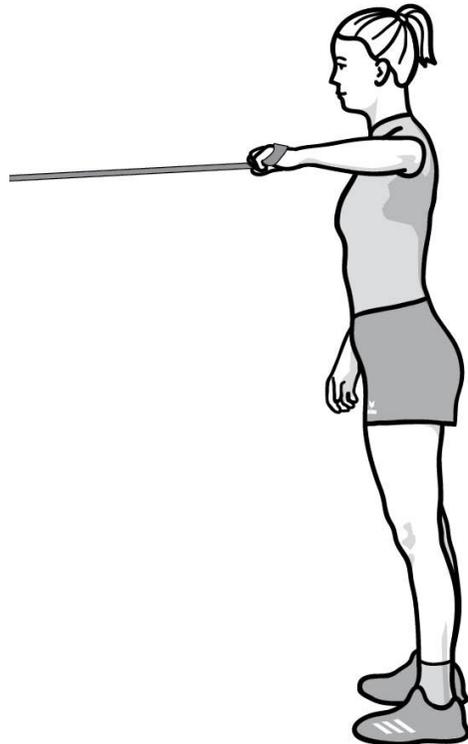
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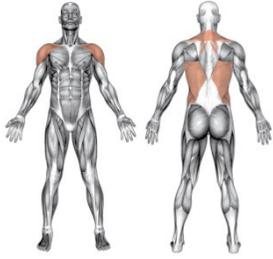




# Hochrotation AR

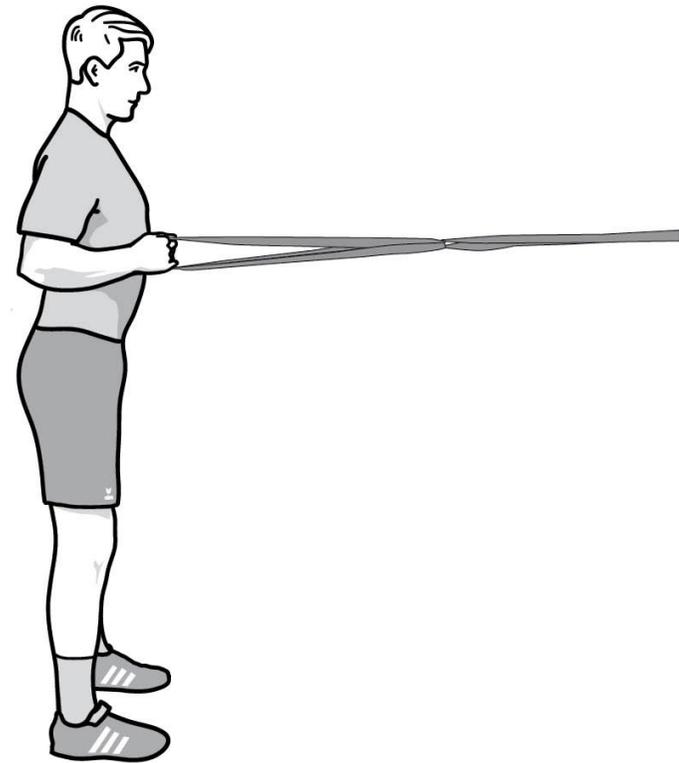
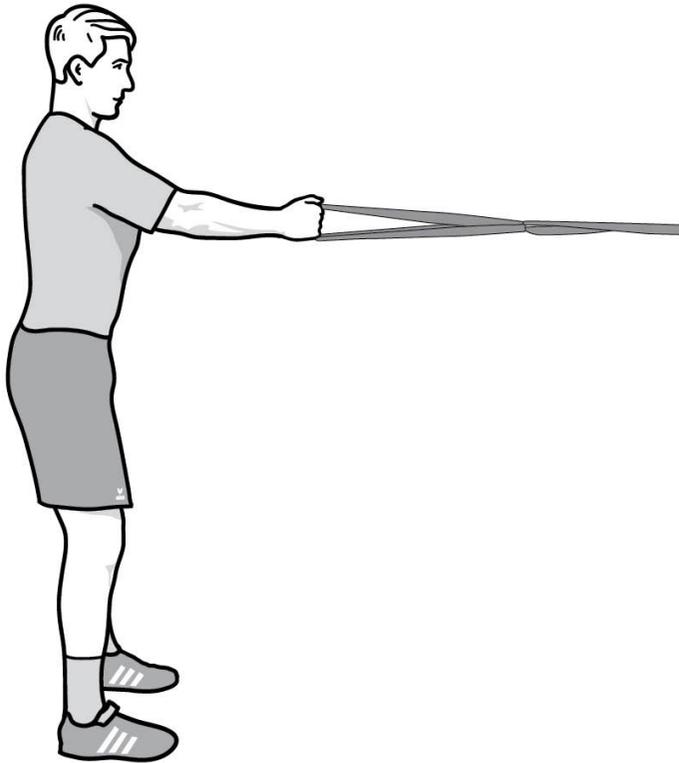
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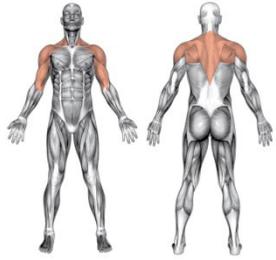




# Zugbewegung tief

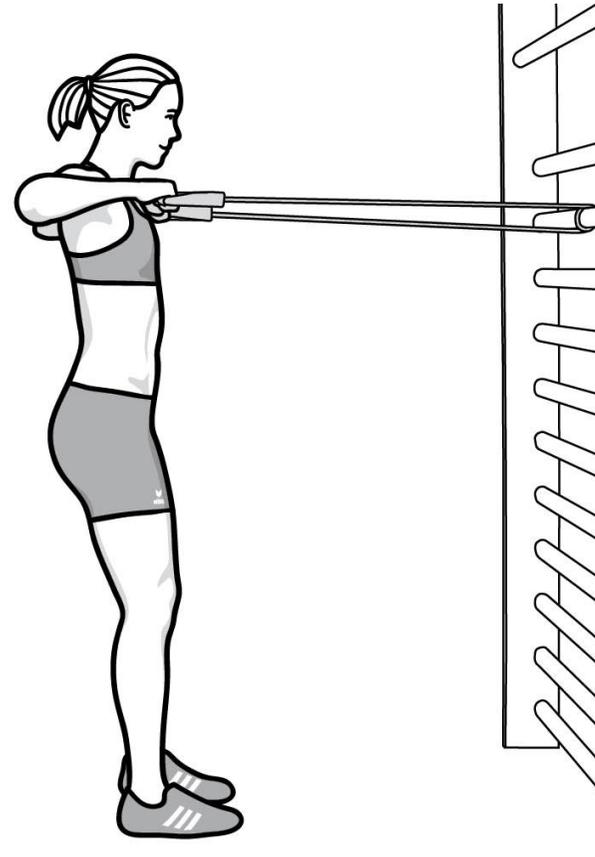
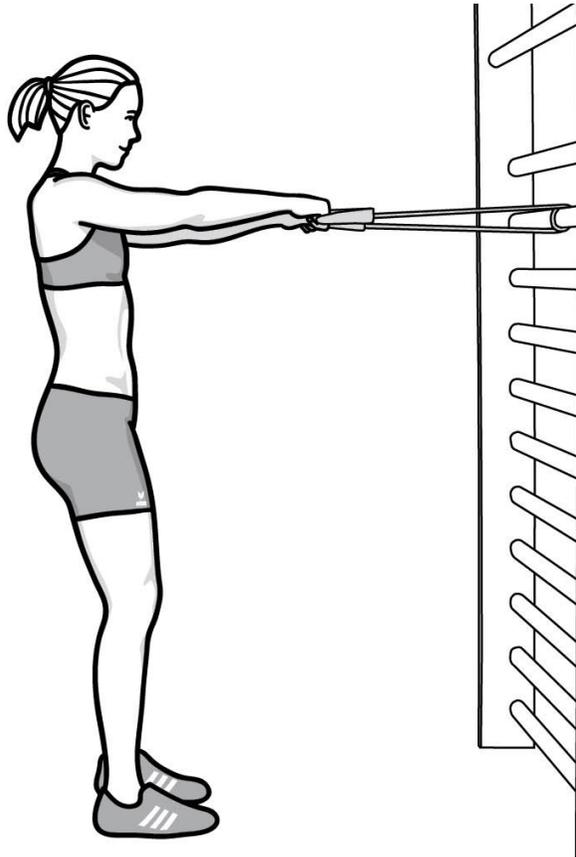
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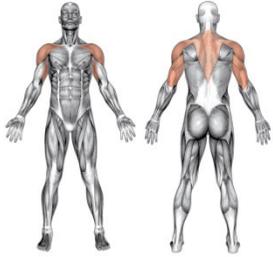




# Zugbewegung hoch

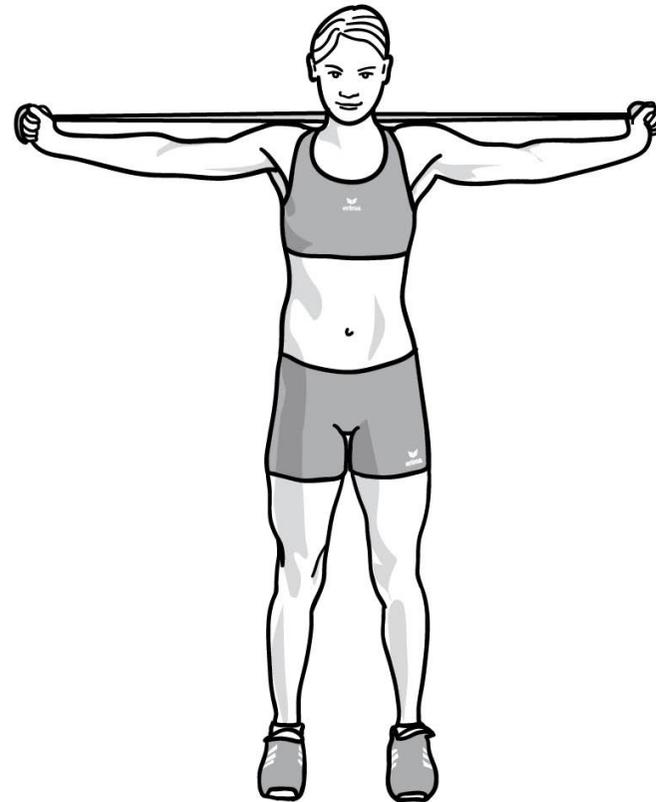
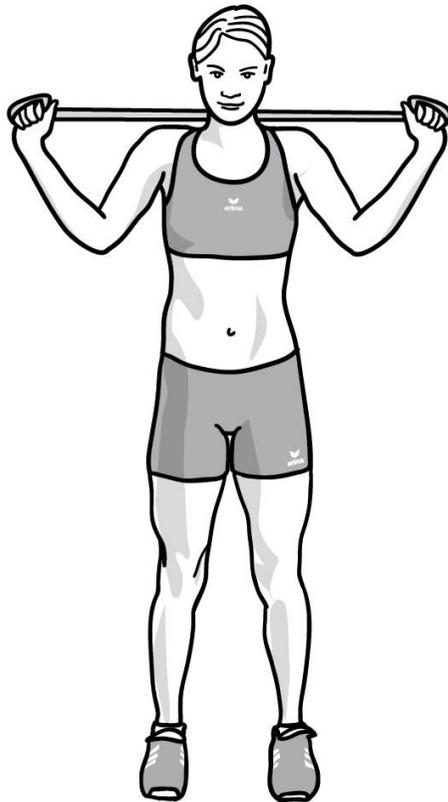
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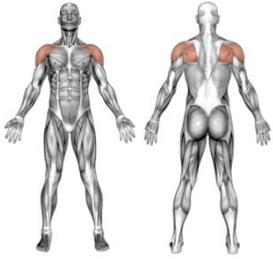




# Horizontale Expansion

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# Vertikales Schulterdrücken

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