

Tischtennis

Mobilisation

Core Mobilisation (10 Exercises)

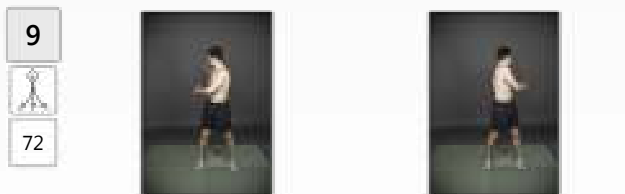
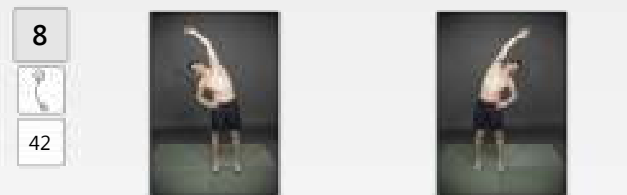
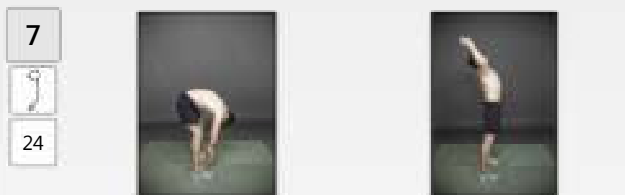
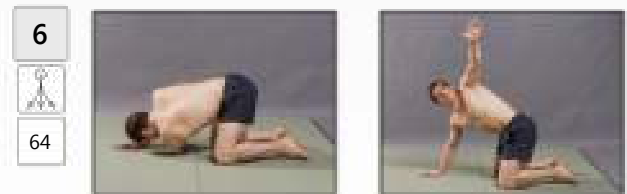
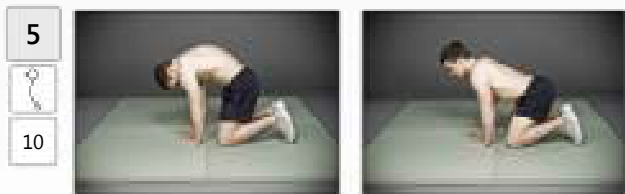
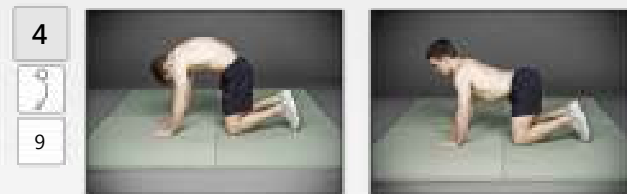
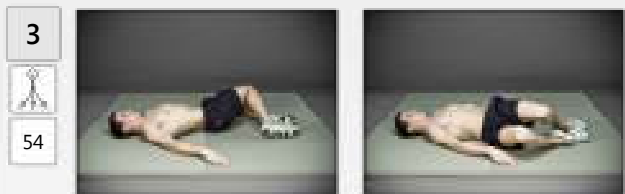
| Intensity: | Duration: | Sets: | Recovery: | Frequency: |
|------------|-----------|-------|-----------|-------------|
| mid | 20sec | 1 | 10sec | 2x per week |



Becken kippen



Fersenschub






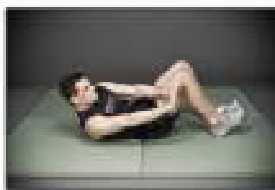










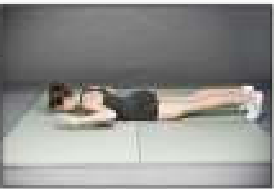
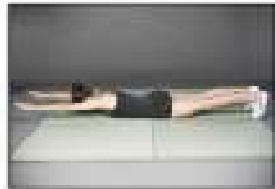














Tischtennis

Stabilisation

Core Stabilisation (22 Exercises)


| Intensity: | Duration: | Sets: | Recovery: | Frequency: |
|------------|-----------|-------|-----------|-------------|
| mid | 20sec | 2 | 10sec | 3x per week |

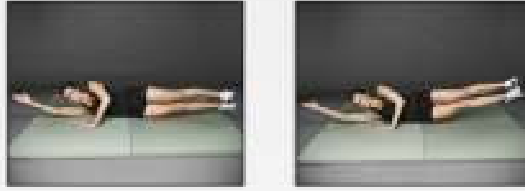
| | | | | | |
|---|---|---|--|--|---|
| <p>1</p>  <p>90</p> |  |  | <p>2</p>  <p>97</p> |  |  |
| <p>3</p>  <p>109</p> |  |  | <p>4</p>  <p>115</p> |  |  |
| Becken heben, re/li ablegen | | | | | |
| <p>5</p>  <p>160</p> |  |  | <p>6</p>  <p>325</p> |  |  |
| <p>7</p>  <p>343</p> |  |  | <p>8</p>  <p>346</p> |  |  |
| <p>9</p>  <p>370</p> |  |  | <p>10</p>  <p>372</p> |  |  |


11

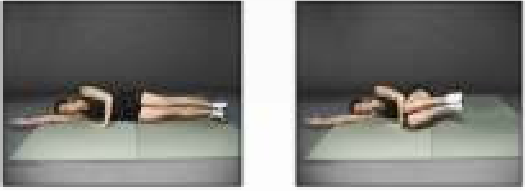
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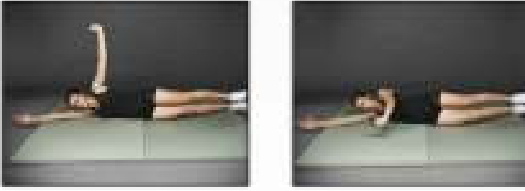
12

 551



13

 549



14

 554



15


 539



oberes Bein beugen/strecken, Innenrotation!

16

 540



oberes Bein beugen/strecken, Innenrotation!

17

 541



oberes Bein heben/senken, Innenrotation!

18

 542



oberes Bein heben/senken, Innenrotation!

19

 543



kleine Kreise nach außen

20

 544



große Kreise nach außen

21

 572



22

 584



Schulterstabilisation

Belastungsdauer: 20sec

Pause: 1-2min

2-4 Serien



Außenrotation



Innenrot.



Adduktion

Beinachsentraining

Belastungsdauer: 20sec

Pause: 1-2min

2-4 Serien



Becken heben



einbeinige Kniebeuge (Bodenkontakt hinten)



Bodenkontakt seitlich



Bodenkontakt vorne



Wadenheben

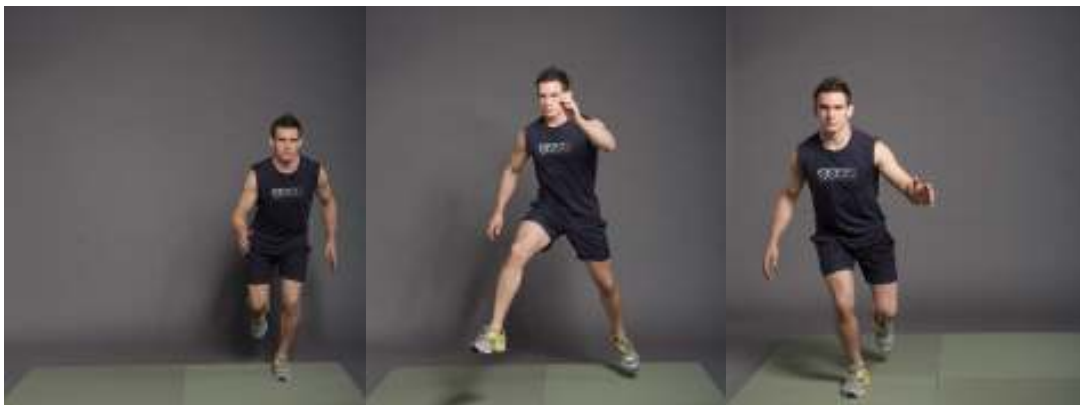
Bein – Stabilisation

versch. instabile Unterlagen + Zusatzaufgaben

Belastungsdauer 20 – 30sec



Einbein-Stand => dynamischer Sprung nach vorne/außen => Landung + Position 2 sec halten



Einbein-Stand => dynamischer Sprung nach vorne/innen => Landung + Position 2 sec halten



Dehnen

Dauer 20 – 30sec



hinterer Oberschenkel



oberflächliche Wade



tiefe Wade



vorderer Oberschenkel



Gesäß



Adduktoren



Hüftbeuger



Quadratus



Trizeps



Nacken



Brust



Bizeps