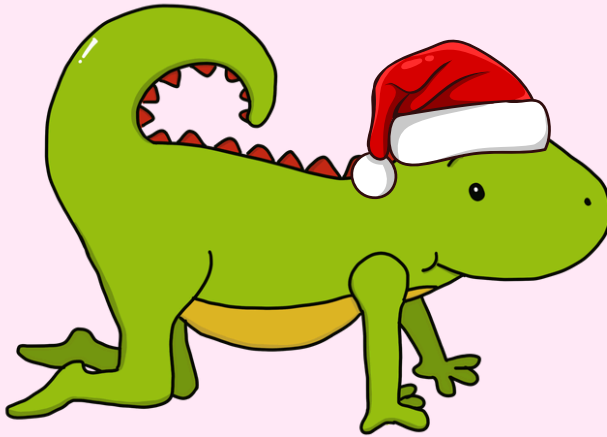


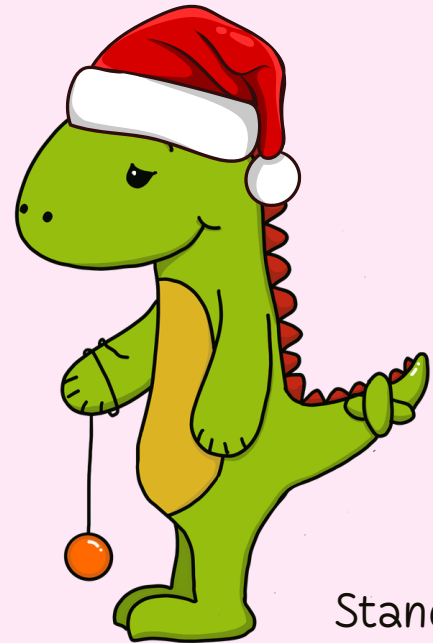
Kniestand



Halbkniestand



Vierfüßlerstand



Stand



Fersensitz



Unterarmstütz

