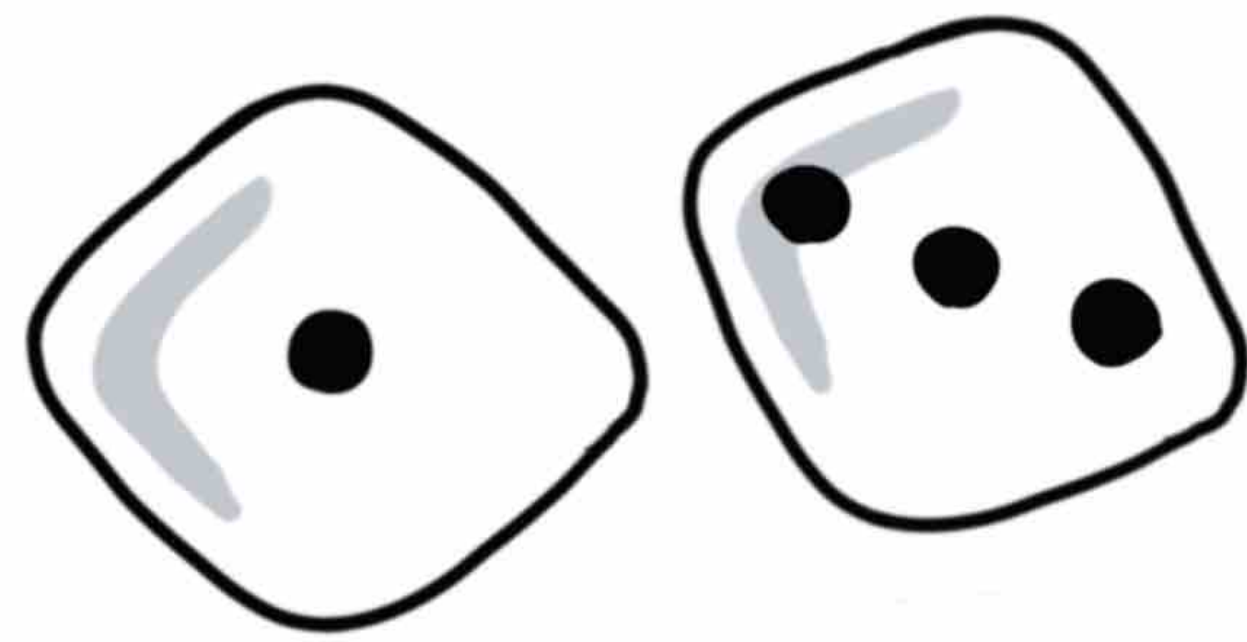


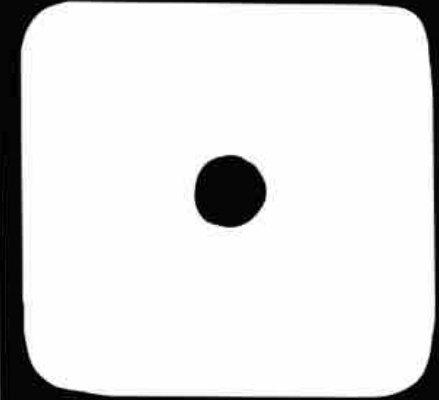
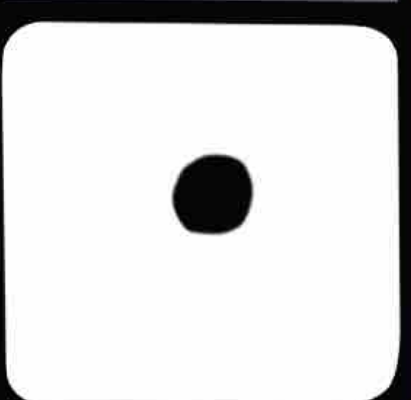
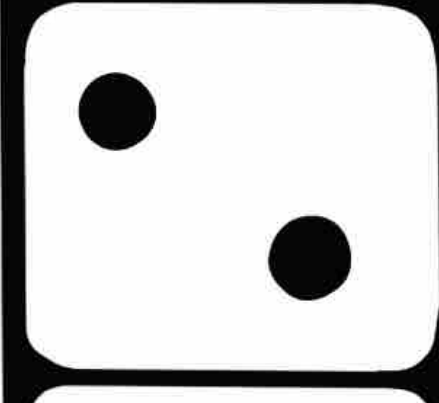
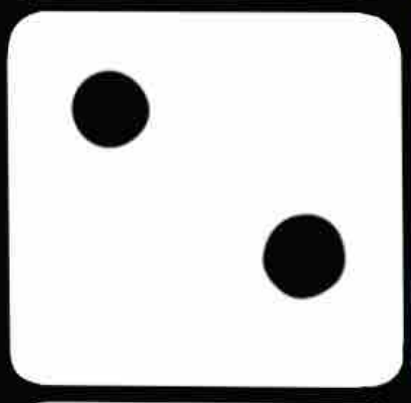
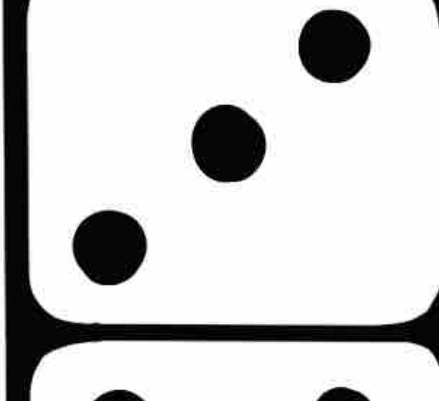
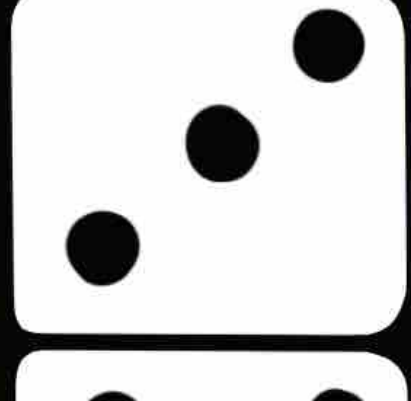
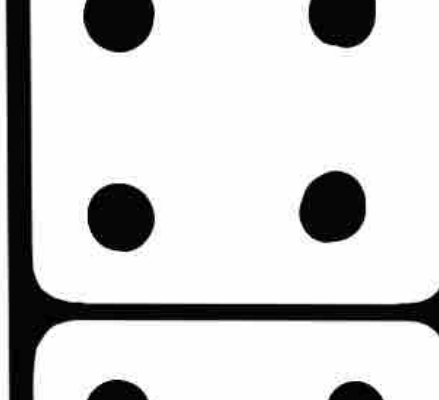
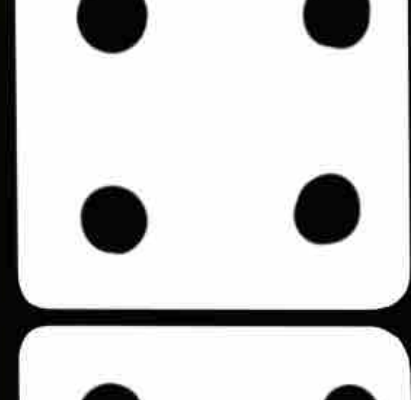
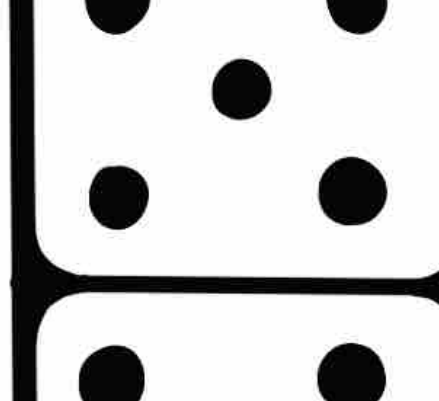
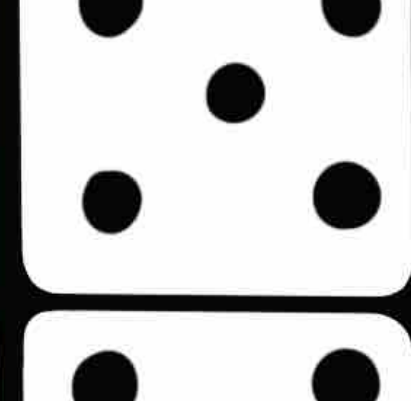
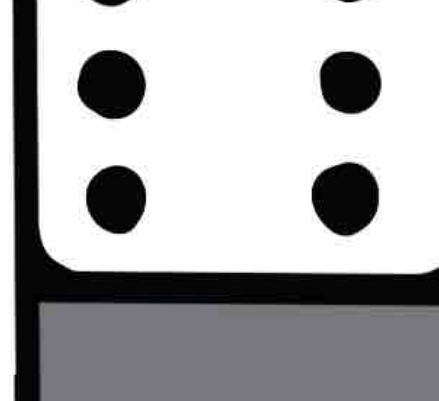
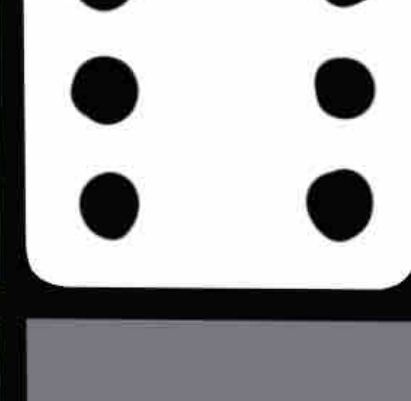
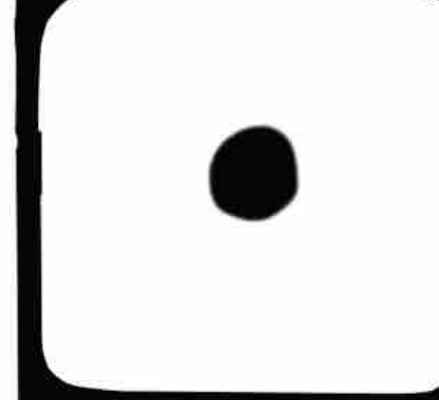
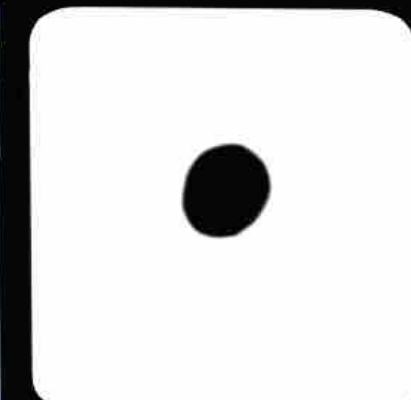
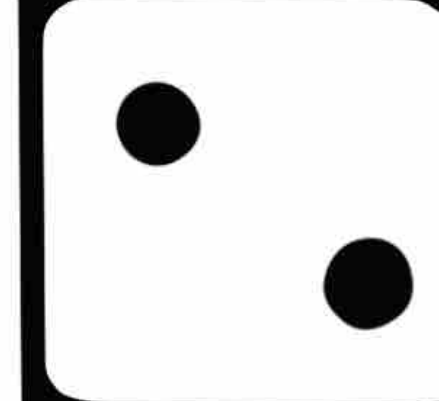
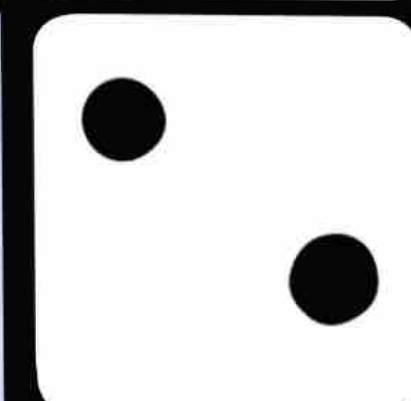
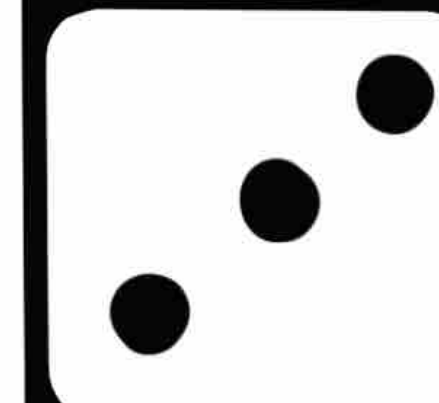
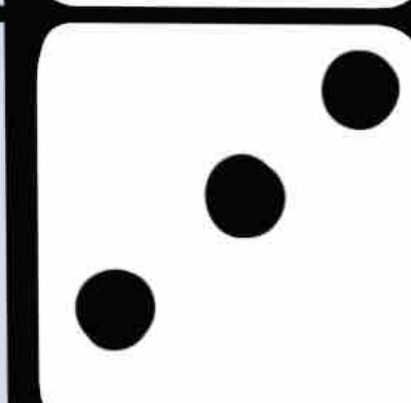
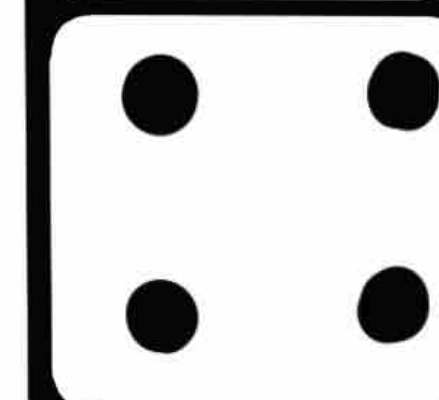
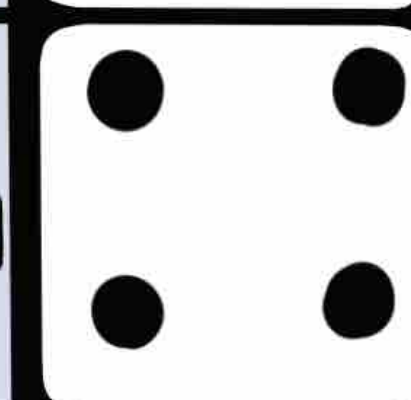
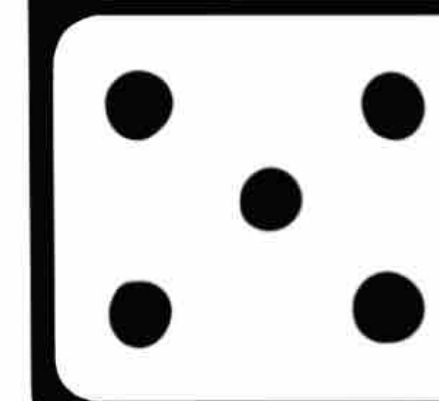
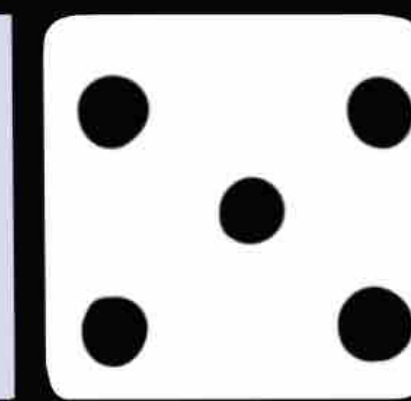
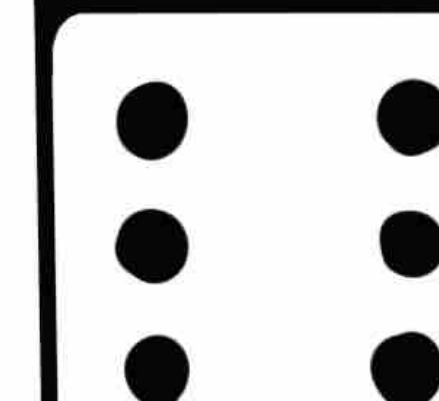
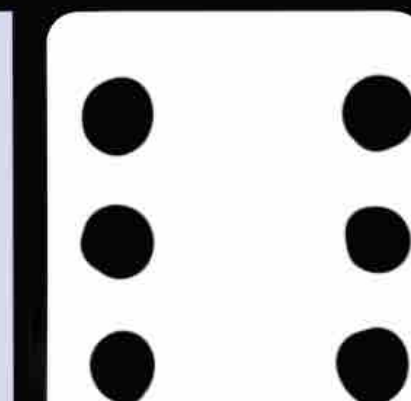


**ZWEIMAL WÜRFELN, DANN
ARM- UND BEINBEWEGUNG
GLEICHZEITIG AUSFÜHREN!**



**FÜR EINE VERBESSERTE
KONZENTRATIONS- UND MERKFÄHIGKEIT**

KUNST_UND_SCHULE

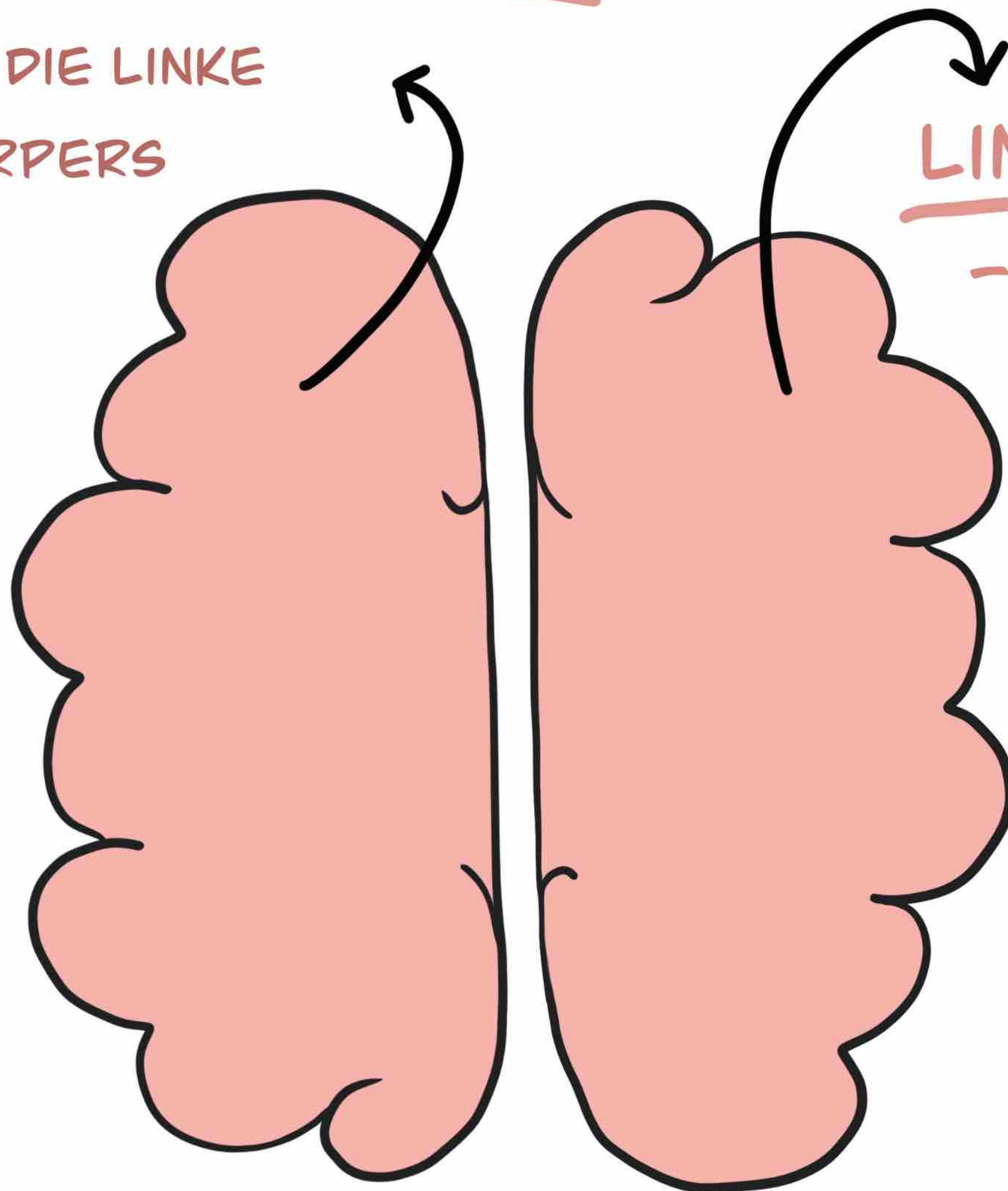
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	ARM KREISEN		FUß KREISEN
	LUFT BOXEN		LUFT KICKEN
	BAUCH TÄTSCHELN		BODEN TIPPEN
	VOR/ZURÜCK SCHWINGEN		SCHRITT VOR/ZURÜCK
	OHRLÄPPCHEN ZIEHEN		KNIE REIBEN
	ACHT NACHFAHREN		ACHT NACHFAHREN
	ARMBEWEGUNG RECHTS		BEINBEWEGUNG LINKS
	ARM KREISEN		FUß KREISEN
	LUFT BOXEN		LUFT KICKEN
	BAUCH TÄTSCHELN		BODEN TIPPEN
	VOR/ZURÜCK SCHWINGEN		SCHRITT VOR/ZURÜCK
	OHRLÄPPCHEN ZIEHEN		KNIE REIBEN
	ACHT NACHFAHREN		ACHT NACHFAHREN

ÜBERKREUZSTEUERUNG

VERKNÜPFUNG BEIDER GEHIRNHÄLFTEN TRAINIEREN

RECHTE GEHIRNHÄLFTE

-> STEUERT DIE LINKE
SEITE DES KÖRPERS



LINKE GEHIRNHÄLFTE

-> STEUERT DIE RECHTE
SEITE DES KÖRPERS