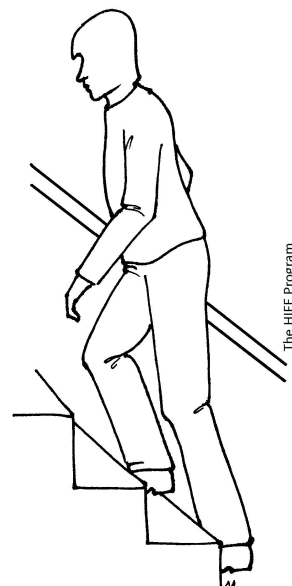


## D6 – Stair-walk

### Instructions

#### Dose

8-12 wdh/Borg=7  
+ Gewichtsweste

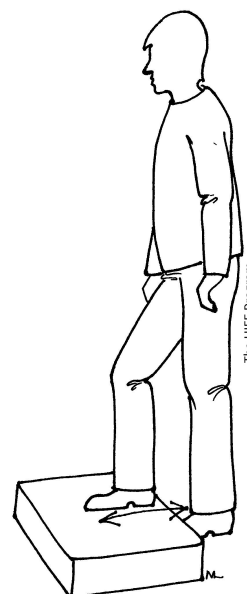


## C12 – Step up and down with one foot

### Instructions

#### Dose

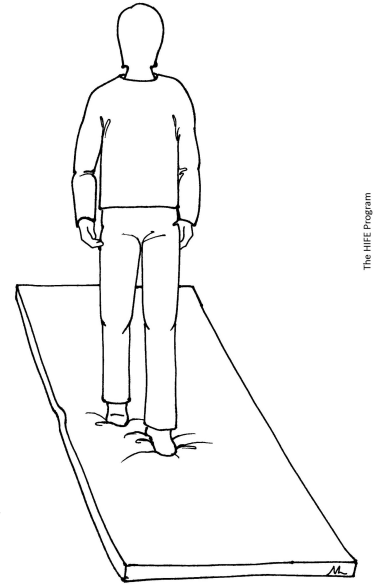
8-12 wdh/ Borg=7  
+Gewichtsweste



## Instructions

### Dose

40-60 sek/Borg=5-7



## C9 – Throwing and catching a ball

## Instructions

### Dose

40-60 sek

