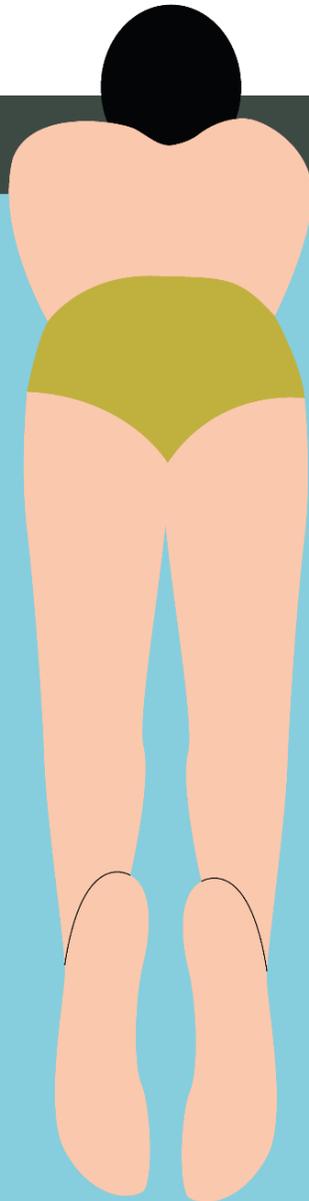
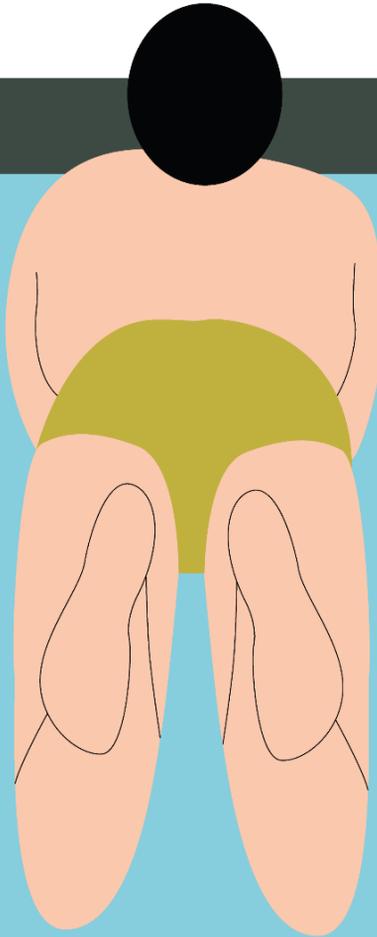


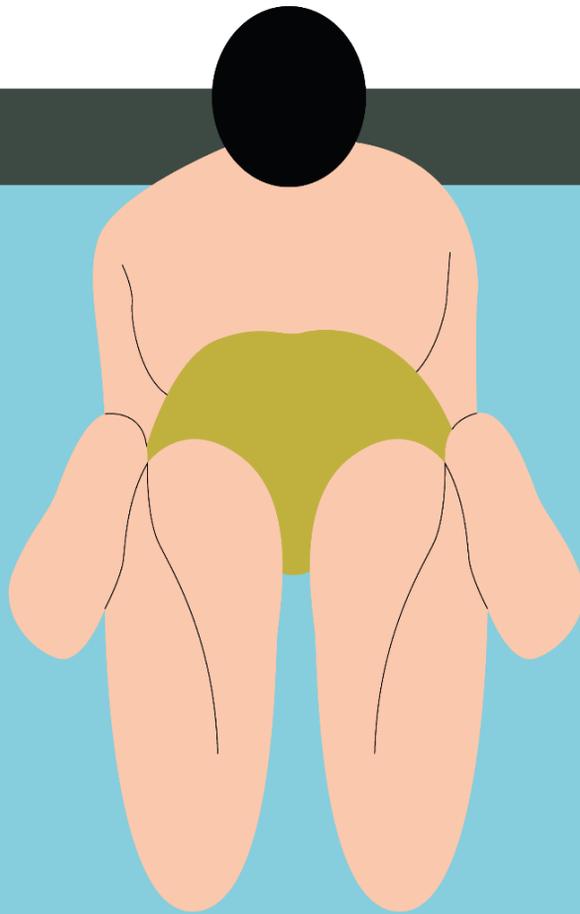
Ausgangsposition



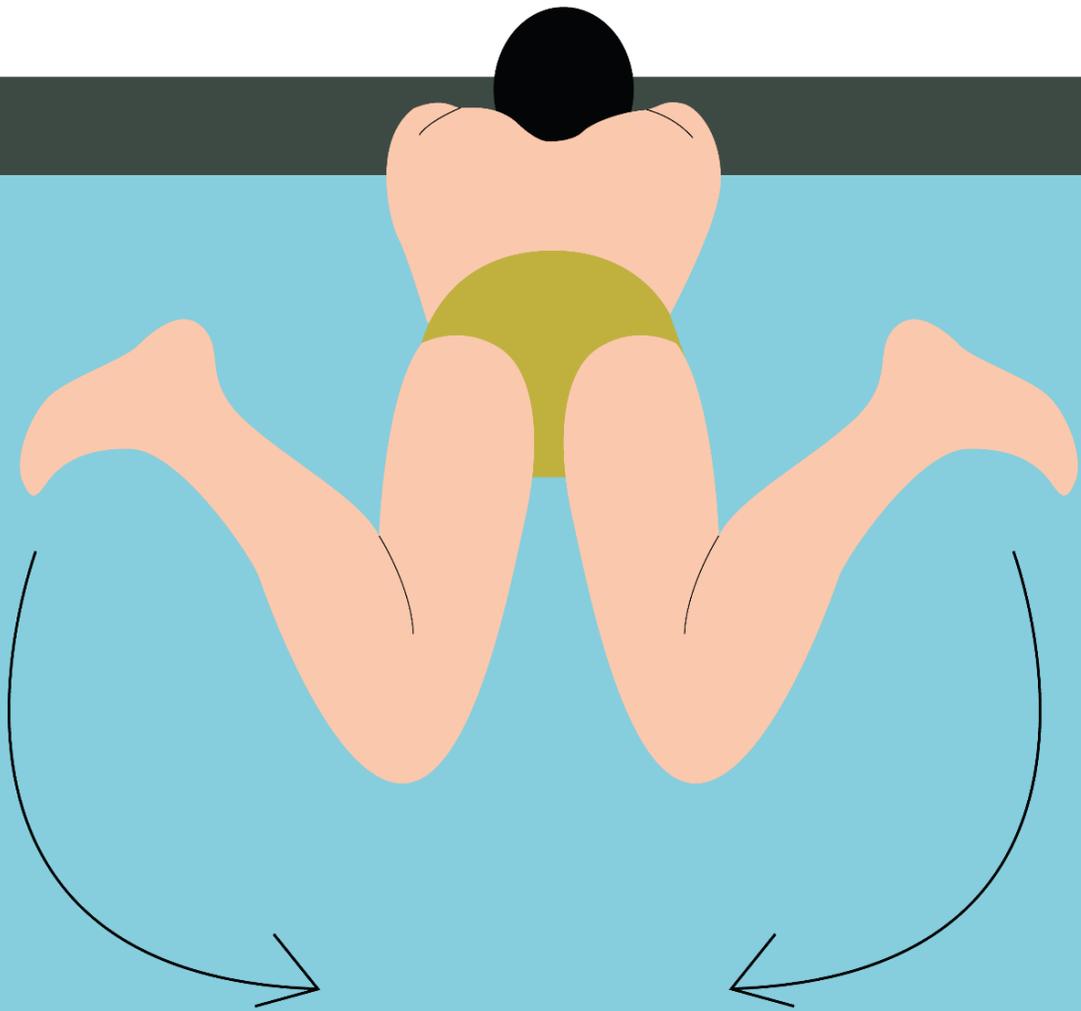
Anfersen



Füße ausdrehen



Kreisförmige Streckung



Kreisförmige Streckung

