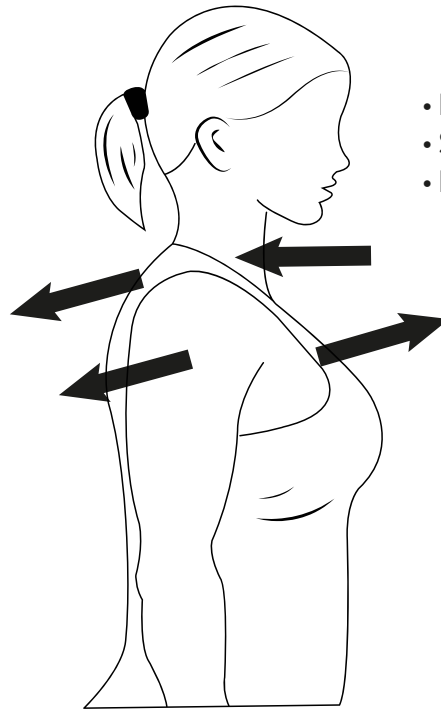
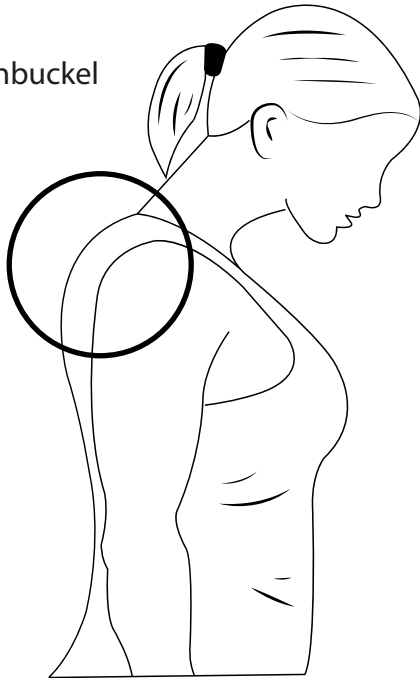


DIE RICHTIGE HALTUNG



Witwenbuckel



- Brust raus
- Schultern zurück
- Kopf und Rücken gerade