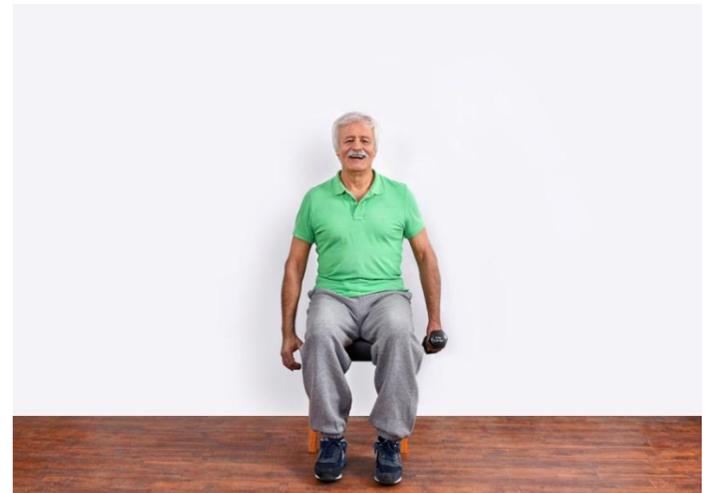


# Aufgaben im Alltags-Fitness-Test

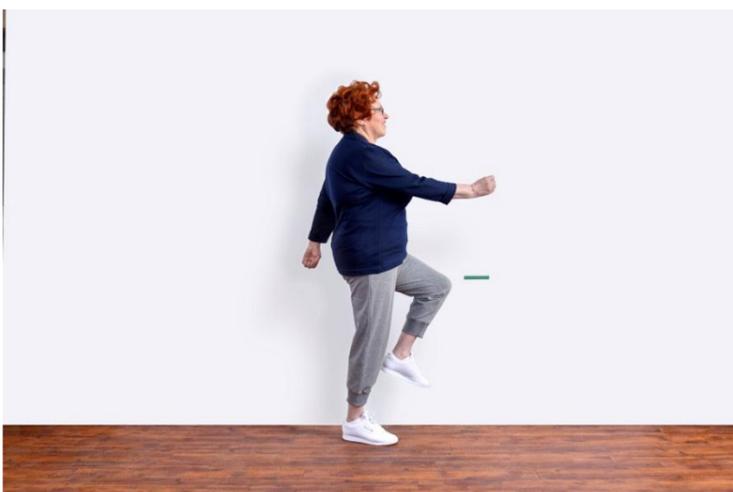
## 1. Beinkraft



## 2. Armkraft



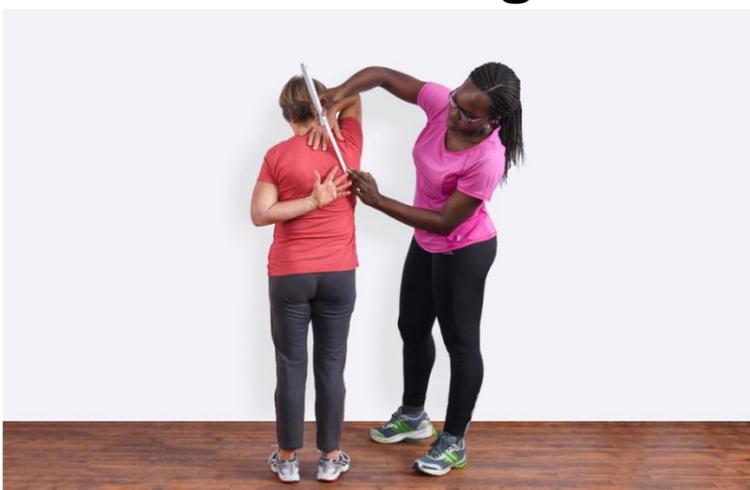
## 3. Ausdauer



## 4. Hüftbeweglichkeit



## 5. Schulterbeweglichkeit



## 6. Geschicklichkeit

