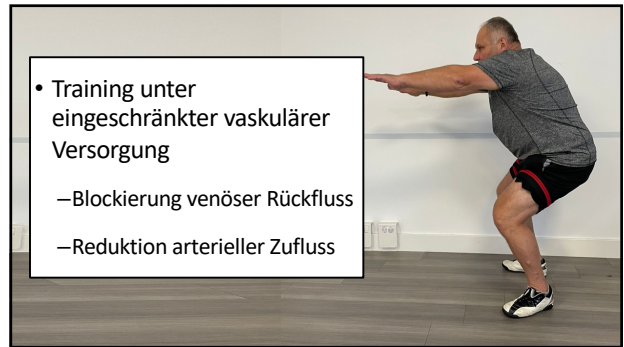




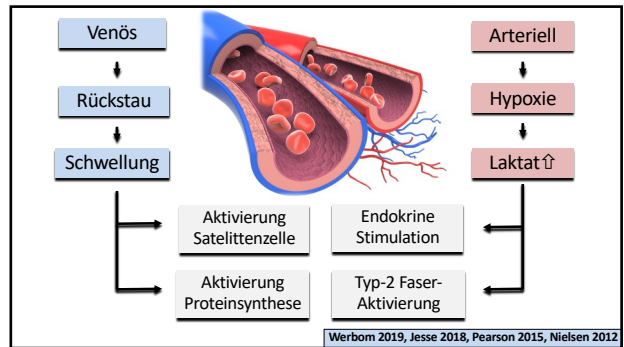
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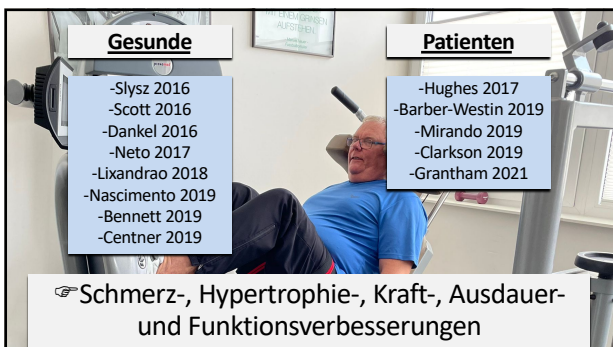
2



3



4



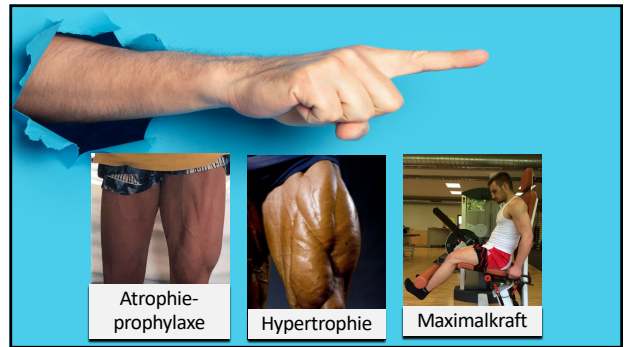
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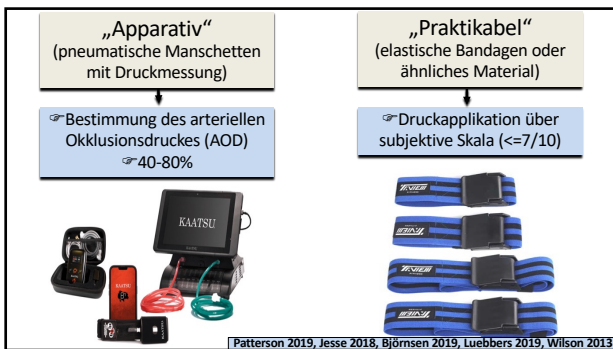
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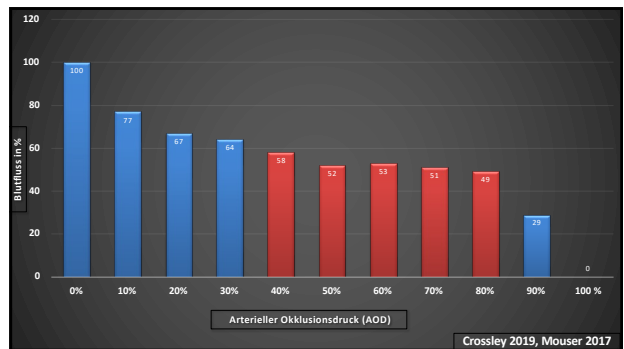
7



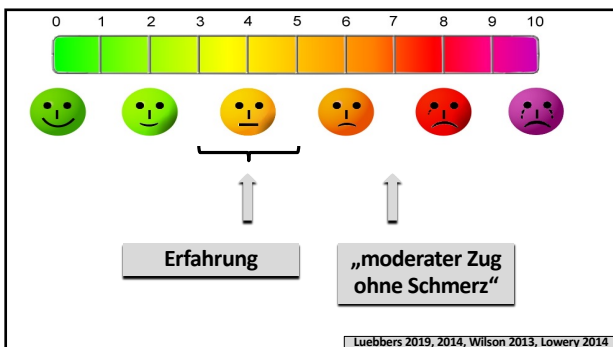
8



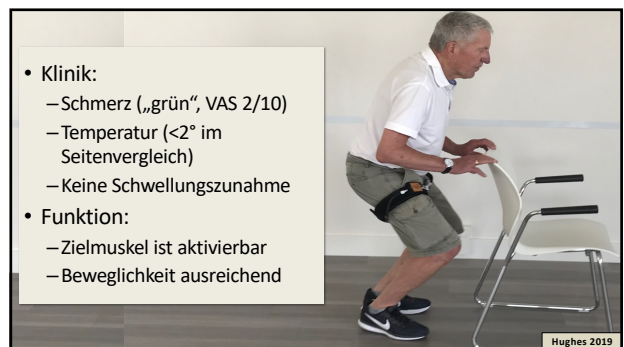
9



10



11



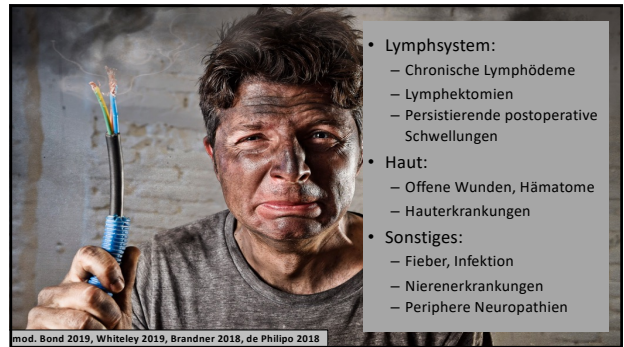
12

| Frequenz | Dauer | Intensität | Wiederholungen | Sätze | Pause | AOD |
|------------|-----------|------------|----------------|-------|------------|------------------|
| 2-3x Woche | 5-10 Min. | 20-40% | 30-15-15-15 | 2-4 | 30-60 Sek. | 40-80% <=7/10 |



Patterson 2019

13



14



15



16



17



18