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# Das 5-Elemente-Kochen im Einklang mit den Jahreszeiten

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# 5 Elemente Kochen

**Michael Brown**



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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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