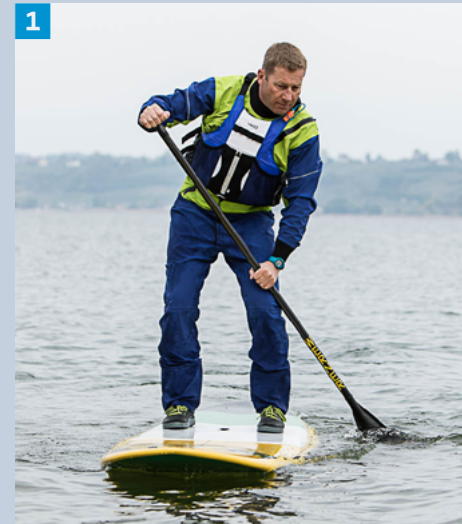
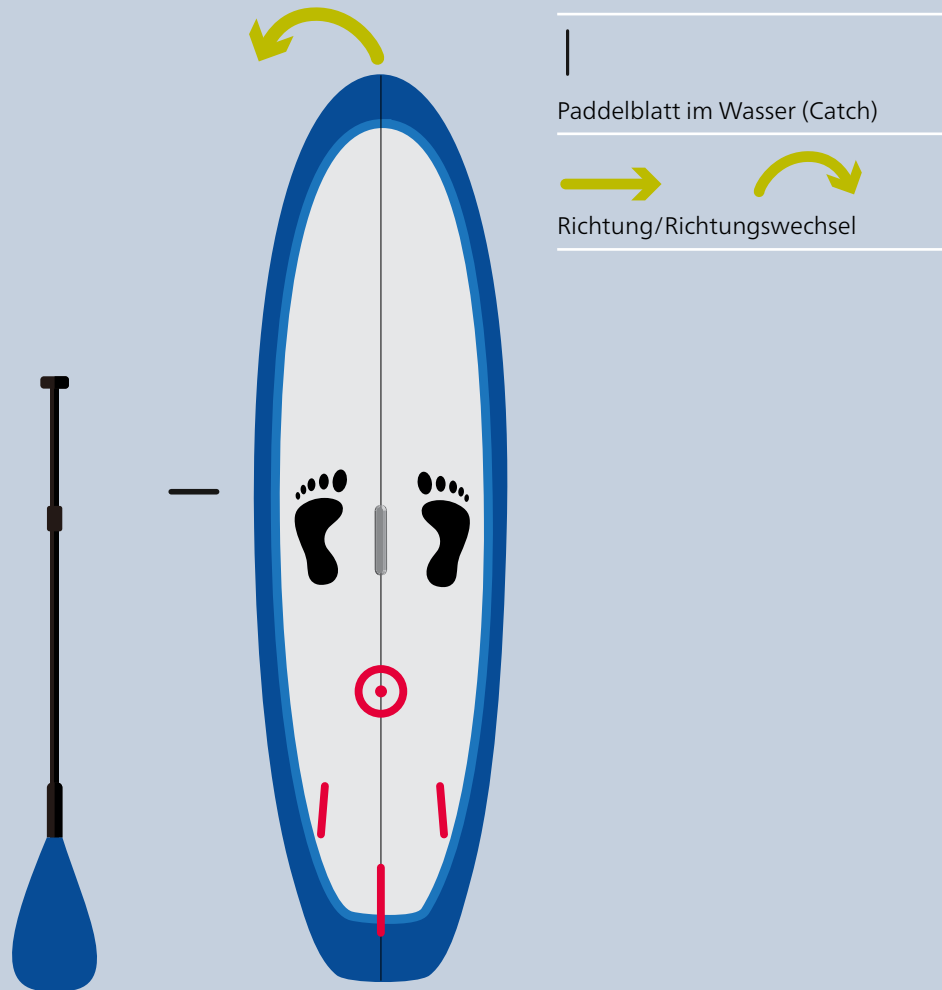


Extended sweep stroke



Keypoints

- Paddel oberhalb des Knies auf dem Oberschenkel aufliegen
- Rumpfmuskulatur spannen