

# Fun- und Trendsportverein



# FunTastic Sports Wetzlar e.V.



- Gegründet 2010
- Mitglieder 321
- Aktive 415
- Durchschnittsalter 16 Jahre
- Migrationsanteil 72%





# Abteilungen

# Golden Spirit Cheerleader



- 5 Teams
- 126 Aktive
- 6-40 Jahren
- 10 Trainerinnen und Trainer



# Parkour L'Addicted



- 2 Teams
- 92 Aktive
- 12-48 Jahren
- 4 Trainer

# Entstehung des Outdoorparks



**Mai 2013**

# Erweiterung des Indoorparks



**Juni 2013**







# Calisthenics Wetzlar



- 2 Gruppen und freies Workout
- 63 Aktive (+120)
- 16-... Jahren
- 4 Trainer

# CALISTHENICS WETZLAR





# Vielen Dank für Ihre Aufmerksamkeit



KNEE HUGS 3IC7CLE CRUNCHES JUMP ROPE AUSTRALIAN PULL-UPS LYING LEG LIFTS  
OSLIOUE CRUNCHES SUPERMAN PUSH-UPS BENCH DIPS SIDE PLANK SUPERMAN HOLD  
SUPERMAN HOLD HINDU PUSH-UP SURFEE CHIN-UP WALL SIT FRONT LEVER SUPERMAN HO  
OSLIOUE CRUNCHES SIT-UP CRUNCHES LEG RAISES LUNGES DIPS SKIN THE CAT BENCH DIPS  
KNEE RAISES HUMAN FLAG LEG RAISES L-SIT SQUAT FLUTTER KICK DUCK WALK SIDE PLA  
JUMP ROPE DIPS 3OX JUMP CALF RAISES PLANCHE MUSCLE-UP LEG HOLD PLANK LUNGES C  
3IC7CLE CRUNCHES PISTOL SQUAT CALISTHENICS WETZLAR CLAP PUSH-UPS SHOULDER F  
CLAP PUSH-UPS PIKE PUSH-UP DIAMOND PUSH-UP DIPS WINDSHIELD-WIPERS HANDSTAND F  
ARCHER PULL-UPS FROGSTAND V-SIT TOE TO BAR DRAGON FLAG TYPE WRITER PULL-UPS F  
SURFEE CHIN-UP DIPS ARCHER PULL-UPS KNEE HUGS 3IC7CLE CRUNCHES JUMP ROPE HIND  
KNEE RAISES AUSTRALIAN PULL-UPS LYING LEG LIFTS OSLIOUE CRUNCHES SUPERMAN PUS  
BENCH DIPS SIDE PLANK SUPERMAN HOLD CALF RAISES WALL SIT JACK LEVER PULL-UP PI  
HINDU PUSH-UP SURFEE CHIN-UP WALL SIT FRONT LEVER SIT-UP CRUNCHES OSLOUE  
LEG RAISES LUNGES DIPS SKIN THE CAT HUMAN FLAG LEG RAISES L-SIT SQUAT DIPS  
FLUTTER KICK DUCK WALK 3OX JUMP CALF RAISES PLANCHE MUSCLE-UP LEG HOLD  
PLANK PISTOL SQUAT MOUNTAIN CLIMBERS CLAP PUSH-UPS SHOULDER FLAG KNEE  
PIKE PUSH-UP PIKE PUSH-UP DIAMOND PUSH-UP DIPS WRITER PULL-UPS FROGSTAN