

11 Lateral abdominal curls

Quantitative criteria

| | |
|---------------------|----------------------------------|
| Repetitions | 8 – 15 |
| Movement rhythm | Continuous movement |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 4 minutes |
| Exercise units | 2 – 3 times per week if possible |

Strength

Starting position



Lie on the back. Bent legs, both arms stretched by the side.

Description of movement



Push both arms upwards and forwards along one leg. Upper body follows the movement of the arms.

Finishing position



Move arms slowly back parallel to the leg. Upper body follows slowly back down without completely touching the ground. Continuous movement. Change to the other side.

12 Cobra

Quantitative criteria

| | |
|---------------------|----------------------------------|
| Repetitions | 8 – 15 |
| Movement rhythm | Continuous movement |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 4 minutes |
| Exercise units | 2 – 3 times per week if possible |

Strength

Starting position



Lie on the front. Arms stretched out side-ways

Description of movement



Raise chest and head. Roll tennis ball under the chest from left to right.

PLEASE NOTE: In case of hyperlordosis of the lower back spine) raise head and upper body only slightly and hold this position looking at the mat. Arms should remain stretched above the head.

Finishing position



Lower upper body back to the ground, keep head in line all the time. Continuous movement.

13 Frog

Quantitative criteria

| | |
|---------------------|----------------------------------|
| Repetitions | 8 – 15 |
| Movement rhythm | Continuous movement |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 4 minutes |
| Exercise units | 2 – 3 times per week if possible |

Strength

Starting position



Lie on the back. Legs and arms stretched out, head on the mat.

Description of movement



Move arms and head with bent elbows to the centre of the body. Pull heels towards the bottom. Upper body crunches up following the movement of the arms.

Please note:

In case of hyperlordosis practice in two parts:

Part 1: Hands under the bottom, bend and stretch legs as indicated above.

Part 2: Place bent legs on the mat, move arms to the centre of the body and back as indicated above.

Finishing position



Continuous movement.

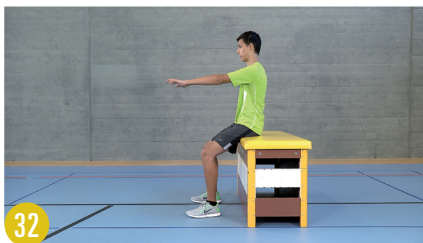
32 Lower back stretches

Stretching

Quantitative criteria

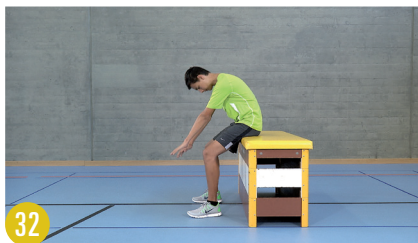
| | |
|---------------------|-----------------------|
| Repetitions | 15 Seconds |
| Movement rhythm | Continuous stretching |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 3 minutes |
| Exercise units | Daily if possible |

Starting position



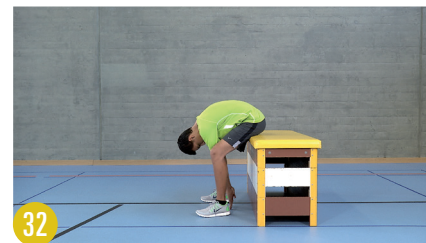
Sit on a box. Feet on the floor, back straight.

Description of movement



Bend forward with a rounded back, arms hanging down. Pelvis can bend as well. Hold the position.

Finishing position



Unwind the back slowly to an upright position.

33 Stretching sideways - Lying

Quantitative criteria

| | |
|---------------------|-----------------------|
| Repetitions | 15 Seconds |
| Movement rhythm | Continuous stretching |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 3 minutes |
| Exercise units | Daily if possible |

Stretching

Starting position



Lie on the back with straight legs, arms next to the body.

Description of movement



Stretch right arm sideways- and upward. Place left arm across the chest to the right side, left leg remains stretched. Bend right knee and place leg on top of the left leg. Hold this position.

Finishing position



Slowly roll back to the centre and change to the other side.

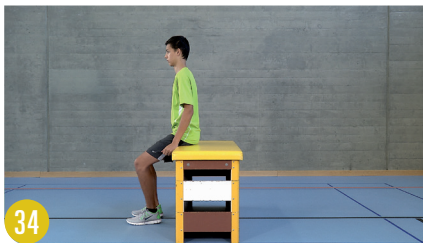
34 Trunk rotation

Quantitative criteria

| | |
|---------------------|-----------------------|
| Repetitions | 15 Seconds |
| Movement rhythm | Continuous stretching |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 3 minutes |
| Exercise units | Daily if possible |

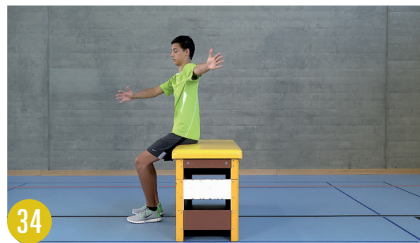
Stretching

Starting position



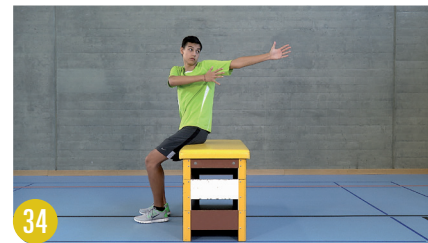
Sit on a box. Feet on the floor, back straight.

Description of movement



Move one arm over the head to the other side towards the ground. Trunk also bends sideward. Hold this position.

Finishing position



Move arm back and change to the other side.

35 Bending sideways

Quantitative criteria

| | |
|---------------------|-----------------------|
| Repetitions | 15 Seconds |
| Movement rhythm | Continuous stretching |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 3 minutes |
| Exercise units | Daily if possible |

Stretching

Starting position



Sit on a box. Feet on the floor, back straight.

Description of movement



Move one arm over the head to the other side towards the ground. Trunk also bends sideward. Hold this position.

Finishing position



Move arm back and change to the other side.

36 Round back — hollow back

Quantitative criteria

| | |
|---------------------|-----------------------|
| Repetitions | 15 Seconds |
| Movement rhythm | Continuous stretching |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 3 minutes |
| Exercise units | Daily if possible |

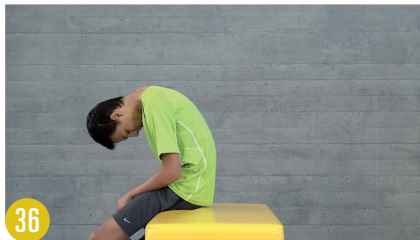
Stretching

Starting position



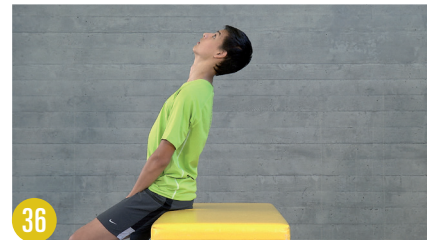
Sit on a box. Feet on the floor, back straight.

Description of movement



Slowly bend forward and drop the chin to the chest. Pelvis can bend as well. Hold the position.

Finishing position



Unwind the back slowly and, push neck slightly backwards. Tilt pelvis forward to make a slightly hollow back. Hold the position.