

3 Bicycle ergometer

Exercise variables

Intensity	Slow to moderate speed
Duration	10 - 20 minutes
Rest	No stopping
Exercise units	3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes moderate cycling without pause, 75 to 100 watts

4 Walking

Exercise variables

Intensity

Slow to moderate speed

Duration

10 - 20 minutes

Rest

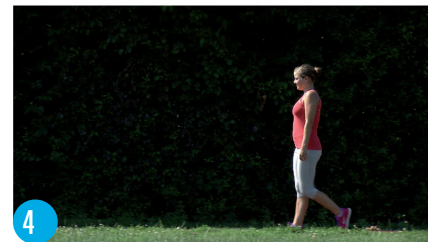
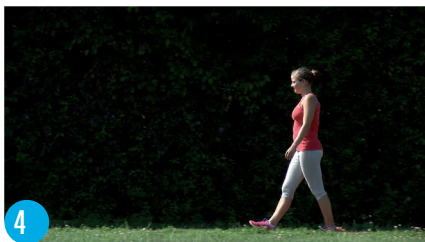
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.

15 Foot marathon

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

General information



Repetitions



Walk with different styles:

- On the outside of the foot. Pull inner side up.
- On the inside of the foot. Pull outer side up.
- On the heels. Pull toes up.
- On the toes. Pull heels up.

Distance: 5 metres

For each style: 2 times 5 metres, two sets each.

Total time of this exercise: 4 minutes

18 Sideways leg raises - Lying

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 sideways on a mat. Lower leg slightly bent. Attach rubber band around both ankles.

Description of movement



Raise upper leg slightly but only as high that the hip can remain straight. Keep leg straight.

Finishing position



Lower the upper leg back down. Change to the other side

20 Cross - leg raises - Lying

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 sideways on a mat. Place upper leg in front of the lower leg, bent knee. Attach rubber band around both legs.

Description of movement



Raise lower leg slightly behind the front leg. Keep leg straight.

Finishing position



Lower leg back slowly without completely touching the mat. Continuous movement. Change to the other side.

23 Heel raises

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



Stand on the edge of a box on the front part of both feet. Heels in the air. Keep your balance holding on to the wall, a bar or a pole.

Description of movement



Lower both heels until there is only a little weight on the rest of the foot.

Finishing position



Slowly raise the heels as high as possible. Continuous movement.

26 Shoulder circles

Quantitative criteria

Repetitions	15 - 20
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	Daily if possible

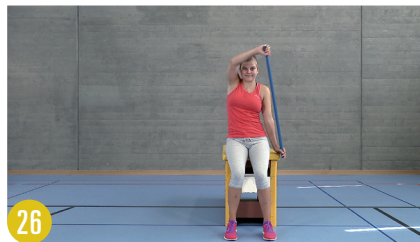
Flexibility

Starting position



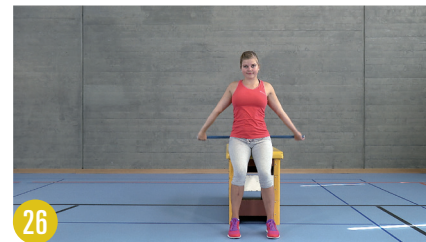
Sit on a box. Feet on the floor, back straight. Hold pole at both ends to make a triangle with the arms.

Description of movement



Without changing the grip and keeping the arms as stretched as possible make a circle behind the back and to the front again.

Finishing position



Circular movement without stopping.

27 Javelin thrower

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

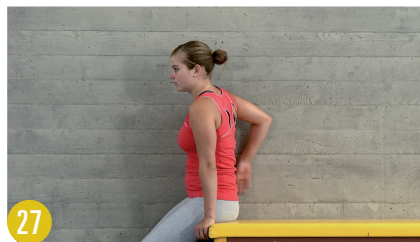
Stretching

Starting position



Sit on a box. One shoulder to the wall.

Description of movement



Place arm horizontally behind the back, touch the wall with the back of the hand. Feeling of light stretching in the arm and shoulder. Hold this position. Change to the other side.

Finishing position



Variations:
Move arm vertically up and down.
Touch the wall with the palm.

29 Arm pulls

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



Place one hand behind the head and hold on to the towel. Grasp the low end of the towel with the other hand and start stretching the upper arm. Hold the position.

Finishing position



Change to other side.

30 Neck 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, shoulders low.

Description of movement



Bend head to one side and pull it down gently with the hand until a light stretching can be felt. Hold this position.

Finishing position



Change to the other side.

31 Shoulder raises

Quantitative criteria

Repetitions	15 - 20
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	Daily if possible

Flexibility

Starting position



Sit on a box. Feet on the floor, arms hanging down.

Description of movement



Pull shoulders slowly up to the ears.

Finishing position



Slowly lower shoulders again.

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.

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

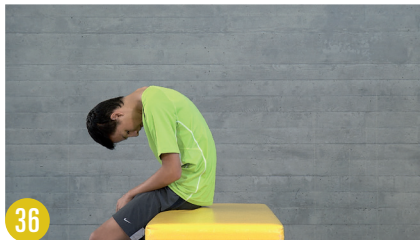
Stretching

Starting position



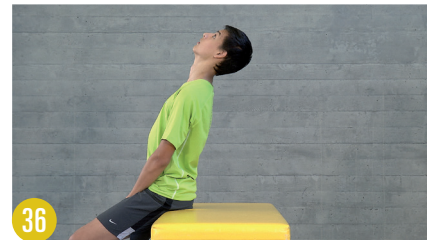
Sit on a box. Feet on the floor, back straight.

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.

42 Juggling

Quantitative criteria

Repetitions

Movement rhythm

Sets

Rest between sets

Total exercise time

Exercise units

Until balls are dropped

Continuous movement

3 - 5

no rest

5 minutes

Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Juggling with several balls.

Finishing position



Continuous movement.

46 Balancing on one leg

Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on one leg on the mat. Back straight, arms hanging down.

Description of movement



Raise the other leg forward horizontally, slightly bent. Remain standing in a stable position as long as possible.

Finishing position



Slowly return to the starting position. Change to the other side.

48 Dreaming policeman (easy)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on the heels. Arms hanging down, back straight.

Description of movement



Rock from the heels to the toes.

Finishing position



Move back to the heels again and repeat continuously.

49 Dreaming policeman (medium)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on the heel of one foot and on the toes of the other.

Description of movement



Rock from the heel to the toes of one foot.
At the same time rock from the toes to the heel of the other foot.

Finishing position



Continuous movement.

52 Breathing exercise

Quantitative criteria

Repetitions	5 - 10
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 Minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Relaxation

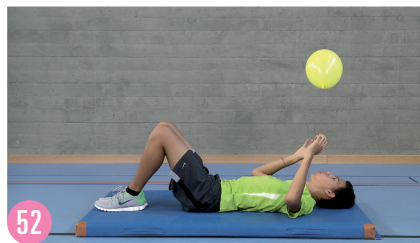
Starting position



Lie on the back with bent legs. Place one hand on the stomach, hold balloon with the other hand.

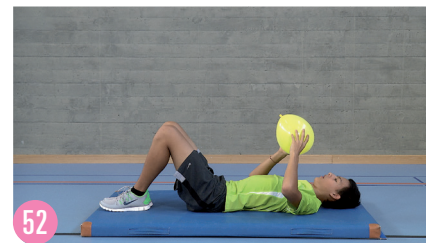
Variation: Hold balloon with both hands.

Description of movement



Inhale deeply through the nose so that the hand is pushed upwards and breath out through the mouth to keep the balloon balanced in the air. Exhale smoothly and slowly.

Finishing position



Do not repeat exercise too often. Maximum 5 times and then rest.

53 Foot massage

Quantitative criteria

Length	30 seconds
Movement rhythm	Continuous movement
Sets	3
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Relaxation

Starting position



Lie on the back. Legs bent.

Description of movement



Place one foot on the tennis-ball and role it forward and backward under the sole.

Finishing position



Change to the other foot.