## Starting position



Sit on a box. Feet on the floor, back to the wall. Fasten elastic band above head height, arms reach up and grasp the band.

## Exercise variables

Repetitions
35-40
Movement rhythm
Continuous movement
Sets
3
1 minute
Rest between sets
6 minutes
3-4 times per week if possible
Total exercise time
Exercise units

Finishing position


Raise arms slowly, elastic band should never lose its tension completely.

## 2 Rowing

## Starting position



Sit on a box facing the wall. Feet on the floor, back upright. Fasten elastic band at elbow height. Keep elbows slightly bent.

## Exercise variables

| Repetitions | $35-40$ |
| :--- | :--- |
| Movement rhythm | Continuous movement |
| Sets | 3 |
| Rest between sets | 1 minute |
| Total exercise time | 6 minutes |
| Exercise units | $3-4$ times per week if possible |

-4 times per week if possible

Description of movement


With bent elbows pull the elastic band backwards until the hands are next to the hips.

Finishing position


Move arms slowly forward again.
The elastic band should never lose its tension completely.

Exercise variables
Intensity
Duration
Rest
Exercise units

Slow to moderate speed
10-20 minutes
No stopping
3-4 times per week if possible

General information


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

## Exercise variables

Intensity
Duration
Rest
Exercise units

Slow to moderate speed
10-20 minutes
No stopping
3-4 times per week if possible

General information


10 to 20 minutes of moderate to fast
walking

## 5. Lift the weights

## Starting position



Sit on a box. Feet on the floor, back upright. Hold full plastic bottles level with the ears, elbows flexed and pointing outwards.

Quantitative criteria
Strength

| 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 |

Description of movement


Lift bottles upwards in a semi-circular movement. Keep elbows pointing outwards.

Finishing position


Bend arms again until hands are level with the ears. Continuous movement.

## 6) Bench press

## Starting position



Lie on a bench. Feet on the floor on either side, head on the bench. Hold the filled

PET bottles on the side, at shoulder level, elbows flexed and pointing outwards.

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 |

Description of movement


Push PET bottles up vertically.

Finishing position


Lower arms back down slowly until hands are level with the shoulders. Continuous movement.

## 7 Throw in

## Starting position

Sit on a box. Feet on the floor, back upright and to the wall. Fasten elastic band at the same height as the shoulders/head.
 ded.

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
2 - 3 times per week if possible

Description of movement


Pull elastic band from behind the head forwards and upwards until hands are visible.

Finishing position


Move arms slowly back behind the head. The elastic band should never lose its tension completely. Continuous movement.

Quantitative criteria
Repetitions
8-15
Movement rhythm
Continuous movement
Sets
3
Rest between sets
Total exercise time
Exercise units

1 minute
4 minutes
2 - 3 times per week if possible

## Starting position



Lie on the front. Arms stretched out sideways

## 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.

Quantitative criteria

8-15

| 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 |

## 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.

## 14) Squats

## Starting position



Stand upright. Feet apart at hip width, back upright, arms crossed in front of the chest.

Quantitative criteria

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 |

Description of movement


Bend knees until they reach $90^{\circ}$. Shift weight to the heels.

Finishing position


Stretch legs up slowly. Continuous movement.

## 16 Telemark

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 |

## Starting position



Take a long step forward. Front foot flat on the floor with knee slightly bent, back foot resting on the toes with leg almost stretched out, arms hanging down.

## Description of movement



Bend front and back knee until the back knee almost touches the ground. Upper body should remain upright.

Finishing position


Rise slowly. Front knee should never be completely stretched. Continuous movement.

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 |

## 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
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
$2-3$ times per week if possible

## 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.

## 21) Hip raises - easy

## Starting position



Lie on the back. Arms parallel to the body.

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
2 - 3 times per week if possible

Description of movement


Raise hips until there is a straight line from the knees to the shoulders.

Finishing position


Lower the hips without touching the mat. Continuous movement.

## 22 Hip raises - intensive



Lie on the back. One leg bent, the other leg stretched out, arms parallel to the body.

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
2 - 3 times per week if possible

Description of movement


Raise hips until there is a straight line through the raised leg to the shoulders.

Finishing position


Lower the hips without touching the mat. Continuous movement. Change to the other side.

## 23 Heel raises

## 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.

Quantitative criteria

Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
2 - 3 times per week if possible

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.

## 24 Single leg heel raises

## Starting position



Stand on the edge of a box on the front part of one foot. Heel in the air, the other leg out in front. Keep your balance holding on to the wall, a bar or a pole.

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

8-15
Continuous movement
3
1 minute
4 minutes
2 - 3 times per week if possible

Description of movement


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

Finishing position


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

## Starting position



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

Quantitative criteria

Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

15-20
Continuous movement
3
1 minute
4 minutes
Daily if possible

Description of movement


Pull shoulders slowly up to the ears.

32 Lower back stretches

Starting position


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

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

15 Seconds
Continuous stretching
3
1 minute
3 minutes
Daily if possible

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

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

15 Seconds
Continuous stretching

1 minute

Daily if possible

## 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

Starting position


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

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

15 Seconds
Continuous stretching
3
1 minute
3 minutes
Daily if possible

## Stretching

解

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
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

15 Seconds
Continuous stretching
3
1 minute
3 minutes
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
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

## Stretching

15 Seconds
Continuous stretching
3
1 minute
3 minutes
Daily if possible

## 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

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

Starting position


Sit on a box. Feet on the floor.

Description of movement


Juggling with several balls.

Finishing position


Continuous movement.
43) Bouncing a ball

Quantitative criteria

Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

30 or until ball is lost
Continuous movement
3-5
no rest
5 minutes
Daily if possible

## Starting position



Sit on a box. Feet on the floor.

Description of movement


Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position


Continuous movement.

## 44) Bouncing two similar balls

| Repetitions | 30 or until ball is lost |
| :--- | :--- |
| Movement rhythm | Continuous movement |
| Sets | $3-5$ |
| Rest between sets | no rest |
| Total exercise time | 5 minutes |
| Exercise units | Daily if possible |

Description of movement


Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position


Continuous movement.

## 45 Bouncing two different balls

Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

30 or until ball is lost
Continuous movement
3-5
no rest
5 minutes
Daily if possible

## Starting position



Sit on a box. Feet on the floor.

Description of movement


Bounce one ball on the right side, the other on the left side.

Finishing position


Continuous movement.
(46) Balancing on one leg

Starting position


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

Quantitative criteria
Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

Until balance is lost, maximum 30 seconds.
Static
3-5
no rest
5 minutes
Daily if possible

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.

## 47 T- Balance

## Starting position



Stand on one leg on the floor. Arms hanging down, the other leg raised forward horizontally and slightly bent.

Repetitions
Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

Until balance is lost, maximum 30 seconds.
Static
3-5
no rest
5 minutes
Daily if possible

## Description of movement



Slowly swing the leg to the back and stretch it out. At the same time bend the trunk forward and stretch the arms sideways

Finishing position


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

48 Dreaming policeman (easy)

Quantitative criteria

## 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 |

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.

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

## Starting position



## 50 Dreaming policeman <br> (difficult)

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 |

Description of movement


Make a $180^{\circ}$ turn, at the same time one foot changes from the heel to the toes and the other from the toes to the heel. Arms change position as well.

Finishing position

Continuous movement.


Walking position. Front leg on the heel, rear leg on the toes, arms in reverse to the legs.

## Starting position


(51) Target throw


Stand on the floor.

Quantitative criteria

| Repetitions | $10-20$ |
| :--- | :--- |
| Movement rhythm | Continuous movement |
| Sets | $3-5$ |
| Rest between sets | no rest |
| Total exercise time | 5 minutes |
| Exercise units | Daily if possible |

Description of movement


Place Hacky Sack on one foot and try to flip it into the hoop.

Finishing position


Several repetitions. Change to other side.
(52) Breathing exercise

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.

Quantitative criteria
Relaxation

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

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

Movement rhythm
Sets
Rest between sets
Total exercise time
Exercise units

30 seconds
Continuous movement
3
no rest
5 minutes
Daily if possible

## 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.

## Starting position



Sit on the gym ball. Feet on the floor, back straight, arms crossed in front of the chest.

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 |

Description of movement


Bounce up and down on the gym ball.

Finishing position


Continuous movement.

