

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

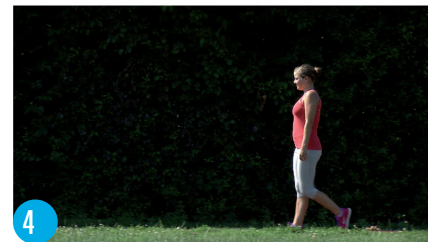
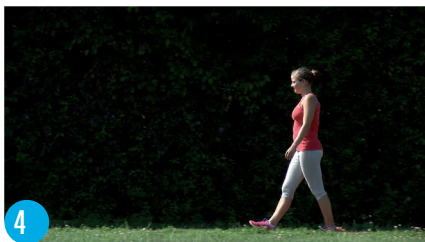
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.

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

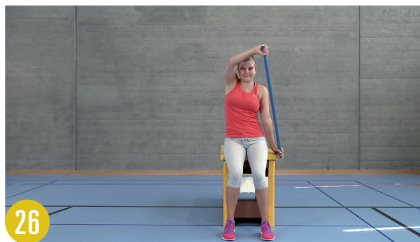
Flexibility

Starting position



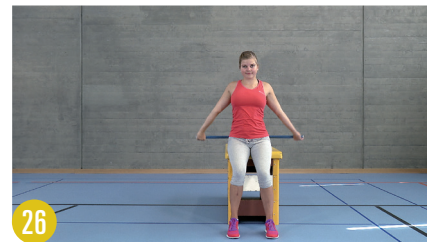
Sit on a box. Feet on the floor, back straight. Hold pole at both ends to make a triangle with the arms.

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

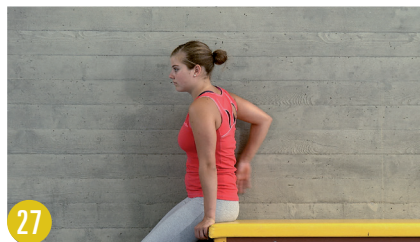
Stretching

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.

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.

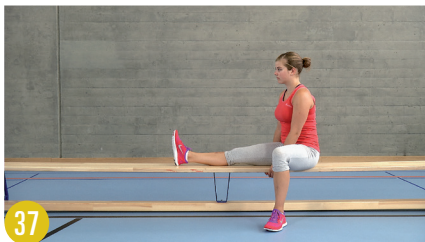
37 Hamstring stretch

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

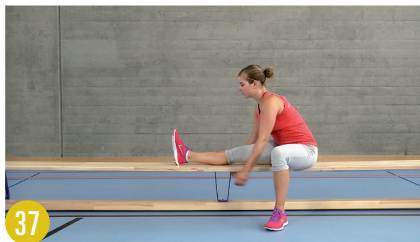
Stretching

Starting position



Sit on a bench. One leg stretched out in front, the other leg on the floor next to the bench.

Description of movement



Bend forward and hold the foot with both hands. Trunk bends as well. Hold this position.

Finishing position



Slowly sit up straight and change the leg.

38 Wade Calf Stretch

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

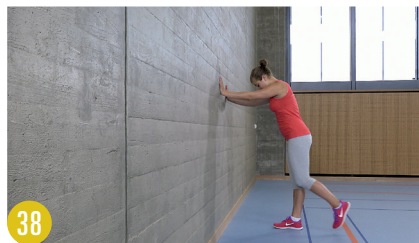
Stretching

Starting position



Stand in front of the wall. Lean hands lightly on the wall, knee of the front leg slightly bent, other leg stretched backwards. Feet pointing forward.

Description of movement



Push rear knee backwards until a light stretching can be felt in the calf and the knee. Press heel to the ground. Hold this position.

Finishing position



Slowly leave this position and change to the other leg.

39 Side lunge

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



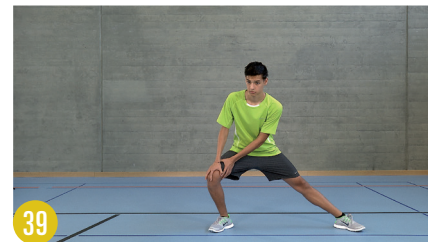
Stand with legs apart. Back straight.

Description of movement



Move the centre of gravity to one side by bending one knee. The other leg remains stretched. Bend knee until a slight stretching can be felt in the other leg. Hold this position.

Finishing position



Slowly return to the starting position and change to the other side.

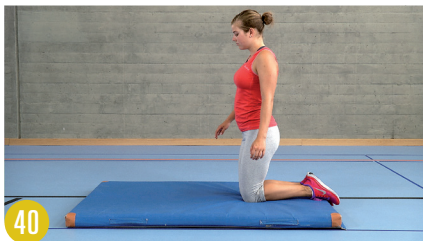
40 Front lunge

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



Kneel on a mat. Back upright, hands by the side. Place one leg forward slightly bent. Stretch the other leg and place shin and foot on the mat.

Description of movement



Move the pelvis forward until a light stretching can be felt on the front of the thigh. Hold this position.

Finishing position



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

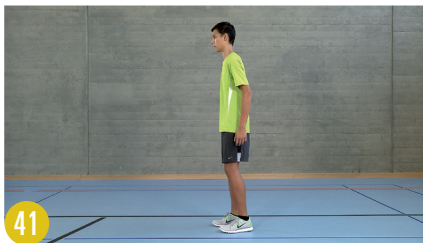
41 Thigh stretch

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



Stand on one leg. Body upright.

Description of movement



Hold the other leg just below the ankle and pull it towards the bottom. Keep body upright, tilt the pelvis until a light stretching can be felt in the front of the thigh of the bent leg.

Finishing position



Slowly release the bent leg and change to the other side.

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.

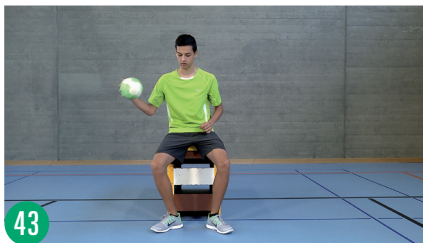
43 Bouncing a ball

Quantitative criteria

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

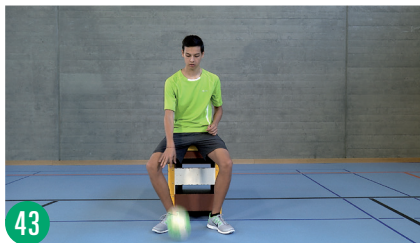
Coordination

Starting position



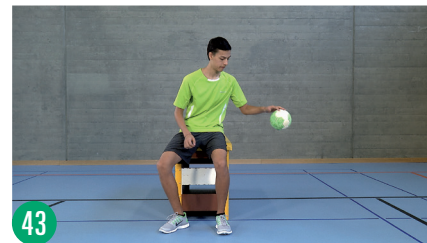
Sit on a box. Feet on the floor.

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

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

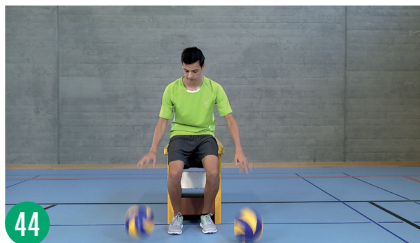
Coordination

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.

45 Bouncing two different balls

Quantitative criteria

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

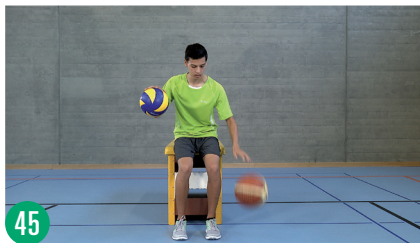
Coordination

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.

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

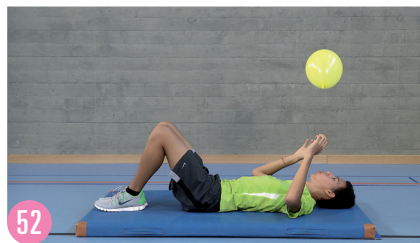
Starting position



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

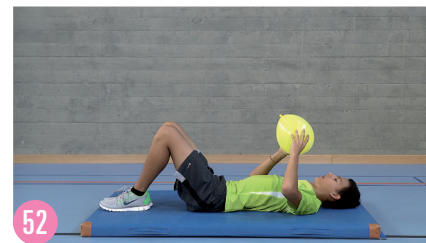
Variation: Hold balloon with both hands.

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.