

1 Lat-pull

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

Endurance

Starting position



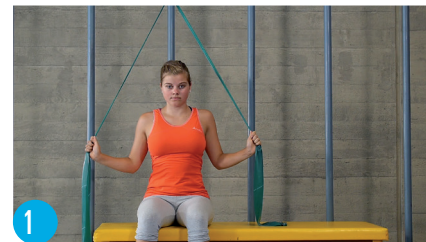
Sit on a box. Feet on the floor, back to the wall. Fasten elastic band above head height, arms reach up and grasp the band.

Description of movement



Pull elastic band down, elbows slightly bent.

Finishing position



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

2 Rowing

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

Endurance

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.

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.

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

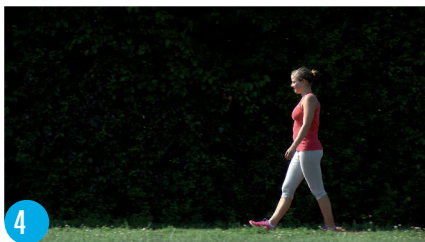
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.