

# 1 Lateral abdominal curls

Strength

## 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 on your back. Legs are bent and placed on the mat. Arms are placed beside the body on the mat.

## Description of movement



Take both arms to one side. Push your arms up along the side of one leg. The torso moves with 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.

## 2 Cobra

Strength

### 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



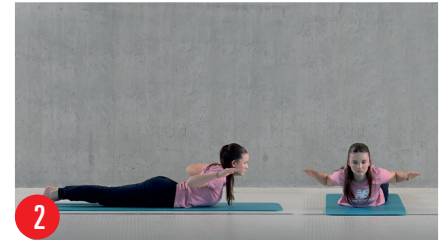
Lie on your stomach. Place your arms at a right angle to your sides on the mat

### Description of movement



Actively lift your chest and head slightly off the floor. Face the mat.  
Caution: in case of hyperlordosis in the lumbar spine, lift the upper body and head only slightly. Face the mat.

### Finishing position



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

# 3 Frog

Strength

## 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 on your back. Arms and legs are stretched away from the body. Head is 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



Slowly return to the starting position. Continuous movement.

## 4 Squats

Strength

### 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



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

### Description of movement



Bend knees until they reach 90°. Shift weight to the heels.

### Finishing position



Stretch legs up slowly. Continuous movement.

## 5 Telemark

Strength

### 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.

## 6 Hip raises - easy

Strength

### 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 on the back. Arms parallel to the body.

### 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.

# 7 Dolphin arms in prone position

Strength

## 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



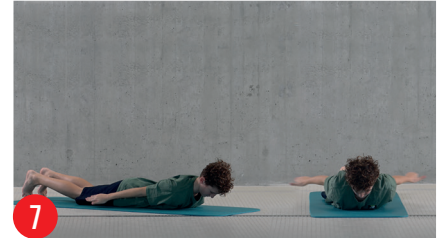
Lie on your stomach. Face the mat and slightly lift your head from the mat. Arms are outstretched in front of the head.

## Description of movement



Outstretched arms move simultaneously from in front of the head sideways along the mat to the side of the upper body. Lift your arms slightly off the floor.

## Finishing position



Outstretched arms move simultaneously from the upper body sideways back to in front of the head. Keep your arms slightly raised from the floor.

## 8 Superman (arms only) in prone position

Strength

### 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 on your stomach. Face the mat and slightly lift your head from the mat. Arms are outstretched in front of the head.

### Description of movement



Move your outstretched arms up and down alternately.  
Never touch the floor completely.

### Finishing position



Continuous small movements.



## 9 Cycling in the supine position

### 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 on your back. Headrests on the mat, arms are at the sides of your upper body. Legs are bent and raised.

### Description of movement



Lift your legs off the mat and cycle forwards or backwards in the air. Head, torso and arms are placed firmly on the mat at all times. Tighten your lower back well into the mat so that you do not develop a hollow back.

### Finishing position



Continuous movement with change of direction after 8 - 15 repetitions.

# 10 Strengthen upper back muscles

Strength

## 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 on your stomach. Face the mat and slightly lift your head from the mat.  
Place your arms at a 90° angle to the side of the mat.

## Description of movement



Slightly lift your arms evenly off the mat. Both elbows move towards each other behind the back as far as possible.

## Finishing position



Move your elbows evenly away from each other again until your arms are at a 90° angle to your upper body. Do not lower your arms.

## 11 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



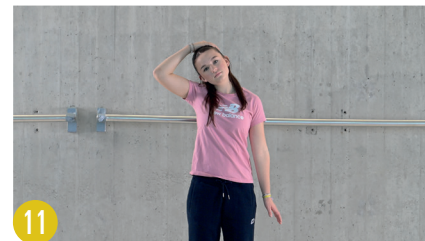
Stand up straight. Both arms are at your side and turned outwards, shoulders are pulled downwards.

### Description of movement



Tilt your head to one side and gently move it towards your shoulder with the opposite hand until you feel a slight stretch (no pulling on the head). Hold the position.

### Finishing position



Change to the other side.

## 12 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



Stand up straight. Let your shoulders hang loose.

### Description of movement



Pull shoulders slowly up to the ears.

### Finishing position



Slowly lower shoulders again.

## 13 Stretching sideways – Lying

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



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.

## 14 Trunk rotation

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



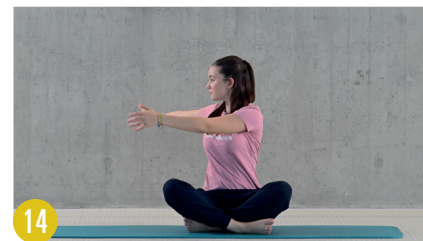
Sit on mat or pullbuoy in an upright position.

### Description of movement



Move both arms backwards at shoulder height on one side. Trunk also rotates backwards. Pelvis remains fixed. Hold this position.

### Finishing position



Move arm back and change to the other side.

## 15 Bending sideways

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 mat or pullbuoy in an upright position

### Description of movement



Move one arm overhead to the other side and towards the floor. Simultaneously move your torso. Keep your pelvis as stable as possible. Hold the position.

### Finishing position



Move arm back and change to the other side.

## 16 Hamstring stretch

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 mat. One leg is outstretched. The other leg is bent at the knee. Place the foot on the inner thigh of the opposite leg.

### 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.



## 17 Front lunge

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



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 your pelvis forward until your back leg is slightly extended and you can feel a slight stretch on the front of this leg. Hold the position.

### Finishing position



Slowly move back out of the stretch. Change legs.

## 18 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

### Starting position



Thigh stretch

### 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.

## 19 Arm circles counter movement

### 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



Stand up straight. Raise both arms up towards the ceiling.

### Description of movement



Move one arm forward and downward in a circle, move the other arm backward and downward in a circle. Arms remain stretched, movement takes place in the shoulder joint.

### Finishing position



Change direction after 1 minute. Continuous movement.

## 20 Arm circles crawl movement

### 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



Stand up straight. Raise both arms up towards the ceiling.

### Description of movement



Move one arm forward and downward in a circle. As soon as this arm is stretched and points downwards, the other arm starts the circular movement forward and downward. Arms remain extended, movement takes place in the shoulder joint.

### Finishing position



Continuous movement.

## 21 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



Stand up straight. Stretch both arms horizontally to the side.

### Description of movement



“Draw” small circles in the air with your hands. The arms remain stretched so that the movement reaches up to the shoulders.

### Finishing position



Continuous movement. The circles can become larger and smaller again over time.

## 22 Cat's hump - hollow back (cat-cow pose)

### 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

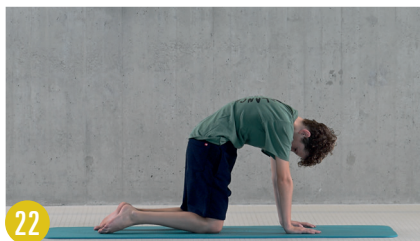
Flexibility

### Starting position



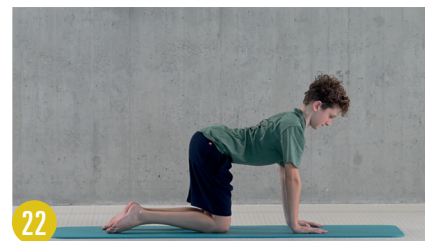
Get on your hands and knees, with hands shoulder-width apart and knees directly below your hips.

### Description of movement



Move your back into a rounded position (like a cat. Hold the position briefly.

### Finishing position



Then arch your back the other way (cow). Hold the position briefly and return to the cat's position. Continuous, slow movement.

## 23 Balance

## Coordination and balance

### 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

### Starting position



Stand on one leg. Let your arms hang loose. Hold the other leg up horizontally in front of you (swinging leg).

### 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.

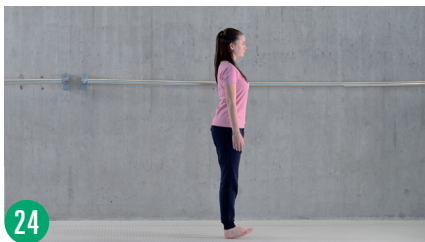
## 24 Dreaming policeman (easy)

### 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



Move from the heels over the soles of the feet to the tips of the toes.

### Finishing position



Move back to the heels again and repeat continuously.



## 25 Dreaming policeman (medium)

Coordination

### 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

### Starting position



Stand on your heel with one foot and on your toes with the other.

### Description of movement



With one foot, move from the heel over the sole of the foot to the tips of the toes. At the same time, move the other foot from the tips of the toes over the sole of the foot to the heel.

### Finishing position



Continuous movement.