

# 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

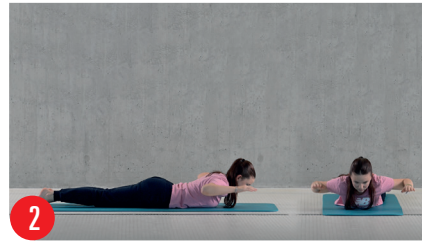
Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

### Starting position



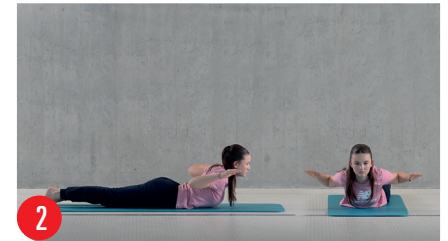
Lie on your stomach. Place your arms at a right angle to your sides on the mat

### 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

### 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 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

### 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 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.