

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.

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



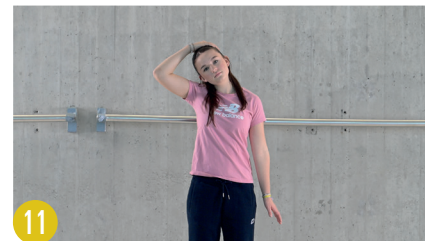
Stand up straight. Both arms are at your side and turned outwards, shoulders are pulled downwards.

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.

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



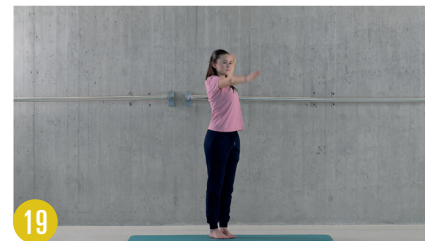
Stand up straight. Raise both arms up towards the ceiling.

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.