

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

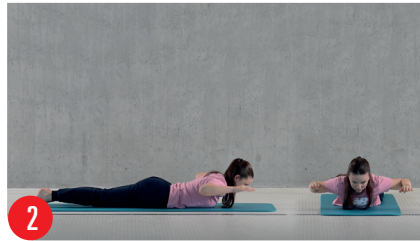
Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Starting position



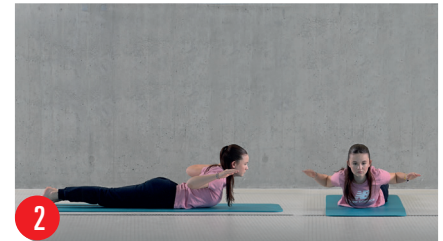
Lie on your stomach. Place your arms at a right angle to your sides on the mat

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.

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

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.

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



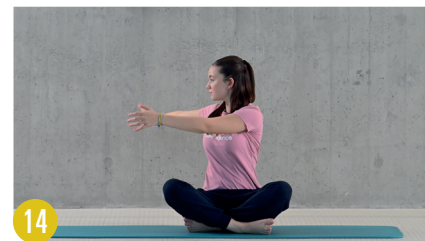
Sit on mat or pullbuoy in an upright position.

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



15

Sit on mat or pullbuoy in an upright position

Description of movement



15

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



15

Move arm back and change to the other side.

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.