

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



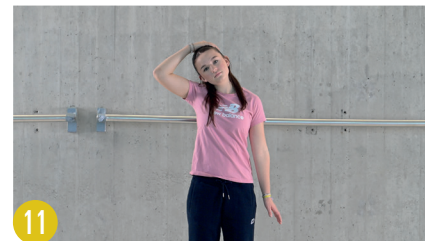
Stand up straight. Both arms are at your side and turned outwards, shoulders are pulled downwards.

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

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.

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.

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.

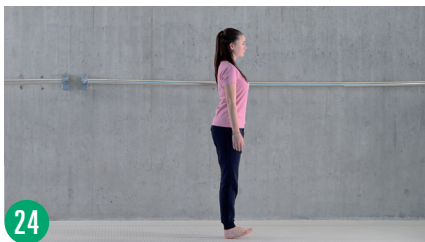
24 Dreaming policeman (easy)

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.