

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



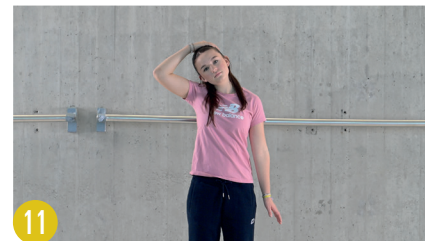
Stand up straight. Both arms are at your side and turned outwards, shoulders are pulled downwards.

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.

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

Stretching

Quantitative criteria

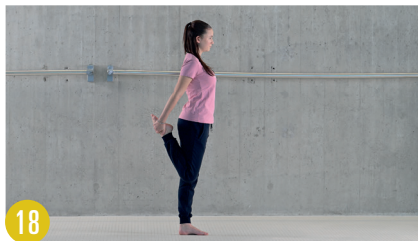
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



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



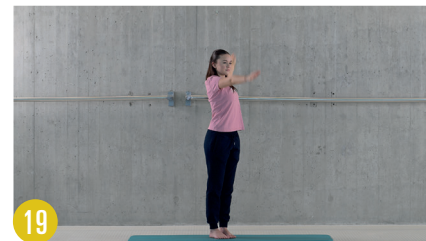
Stand up straight. Raise both arms up towards the ceiling.

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



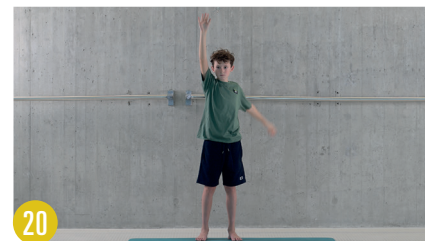
Stand up straight. Raise both arms up towards the ceiling.

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

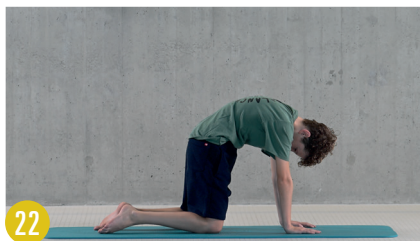
Flexibility

Starting position



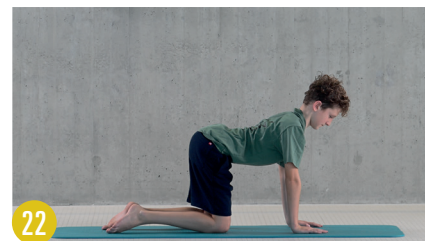
Get on your hands and knees, with hands shoulder-width apart and knees directly below your hips.

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

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

Coordination and balance

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.

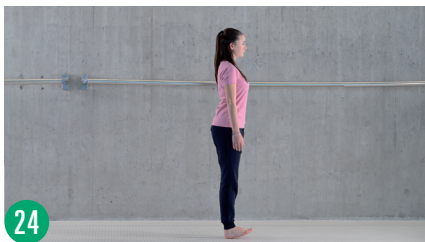
24 Dreaming policeman (easy)

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.