

# 1 Lat-pull

## Exercise variables

Repetitions	35 – 40
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	6 minutes
Exercise units	3 - 4 times per week if possible

**Endurance**

## Starting position



Sit on a box. Feet on the floor, back to the wall. Fasten elastic band above head height, arms reach up and grasp the band.

## Description of movement



Pull elastic band down, elbows slightly bent.

## Finishing position



Raise arms slowly, elastic band should never lose its tension completely.

## 2 Rowing

### Exercise variables

Repetitions	35 – 40
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	6 minutes
Exercise units	3 - 4 times per week if possible

**Endurance**

### Starting position



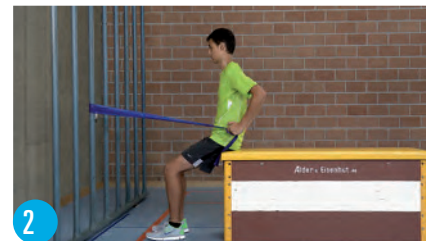
Sit on a box facing the wall. Feet on the floor, back upright. Fasten elastic band at elbow height. Keep elbows slightly bent.

### Description of movement



With bent elbows pull the elastic band backwards until the hands are next to the hips.

### Finishing position



Move arms slowly forward again. The elastic band should never lose its tension completely.

## 3 Bicycle ergometer

### Exercise variables

Intensity	Slow to moderate speed
Duration	10 - 20 minutes
Rest	No stopping
Exercise units	3 - 4 times per week if possible

### Endurance

### General information



10 to 20 minutes moderate cycling without pause, 75 to 100 watts

## 4 Walking

### Exercise variables

Intensity

Slow to moderate speed

Duration

10 - 20 minutes

Rest

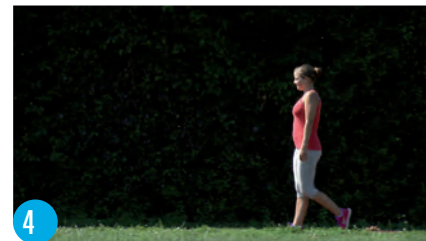
No stopping

Exercise units

3 - 4 times per week if possible

### Endurance

### General information



10 to 20 minutes of moderate to fast walking.