

25 Rolling Pin

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



Sit on a bench. Feet on the floor on either side, back straight.

Description of movement



Roll the ball forward on the bench.

Finishing position



Roll the ball back.

26 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



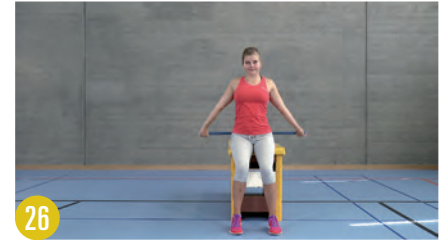
Sit on a box. Feet on the floor, back straight. Hold pole at both ends to make a triangle with the arms.

Description of movement



Without changing the grip and keeping the arms as stretched as possible make a circle behind the back and to the front again.

Finishing position



Circular movement without stopping.

27 Javelin thrower

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 a box. One shoulder to the wall.

Description of movement



Place arm horizontally behind the back, touch the wall with the back of the hand. Feeling of light stretching in the arm and shoulder. Hold this position. Change to the other side.

Finishing position



Variations:
Move arm vertically up and down.
Touch the wall with the palm.

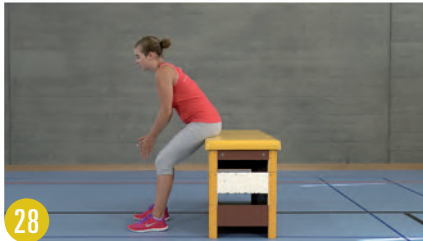
28 Double hand-clapping

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



Sit on a box. Feet on the floor, back straight, leaning forward at a 45° angle.

Description of movement



Clap hands in front of the chest and behind the back.

Finishing position



Continuous movement

29 Arm pulls

Stretching

Quantitative criteria

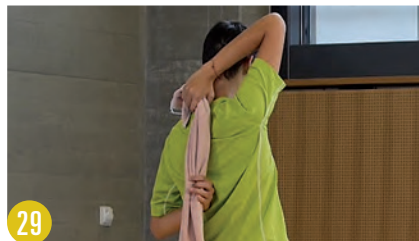
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Sit on a box. Feet on the floor, back straight.

Description of movement



Place one hand behind the head and hold on to the towel. Grasp the low end of the towel with the other hand and start stretching the upper arm. Hold the position.

Finishing position



Change to other side.

30 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



Sit on a box. Feet on the floor, shoulders low.

Description of movement



Bend head to one side and pull it down gently with the hand until a light stretching can be felt. Hold this position.

Finishing position



Change to the other side.

31 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



Sit on a box. Feet on the floor, arms hanging down.

Description of movement



Pull shoulders slowly up to the ears.

Finishing position



Slowly lower shoulders again.

32 Lower back stretches

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



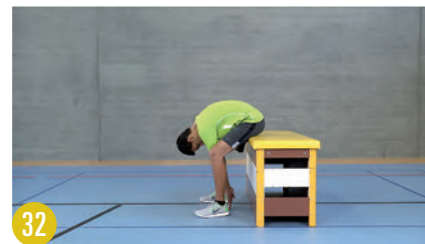
Sit on a box. Feet on the floor, back straight.

Description of movement



Bend forward with a rounded back, arms hanging down. Pelvis can bend as well. Hold the position.

Finishing position



Unwind the back slowly to an upright position.

33 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.

34 Trunk rotation

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

Stretching

Starting position



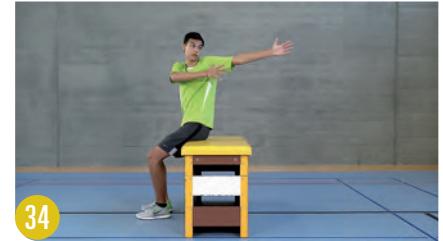
Sit on a box. Feet on the floor, back straight.

Description of movement



Move one arm over the head to the other side towards the ground. Trunk also bends sideward. Hold this position.

Finishing position



Move arm back and change to the other side.

35 Bending sideways

Stretching

Quantitative criteria

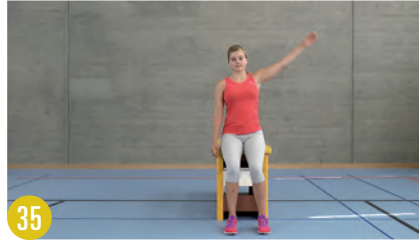
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Sit on a box. Feet on the floor, back straight.

Description of movement



Move one arm over the head to the other side towards the ground. Trunk also bends sideward. Hold this position.

Finishing position



Move arm back and change to the other side.

36 Round back — hollow back

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 a box. Feet on the floor, back straight.

Description of movement



Slowly bend forward and drop the chin to the chest. Pelvis can bend as well. Hold the position.

Finishing position



Unwind the back slowly and push neck slightly backwards. Tilt pelvis forward to make a slightly hollow back. Hold the position.

37 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 a bench. One leg stretched out in front, the other leg on the floor next to the bench.

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.

38 Wade Calf Stretch

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 in front of the wall. Lean hands lightly on the wall, knee of the front leg slightly bent, other leg stretched backwards. Feet pointing forward.

Description of movement



Push rear knee backwards until a light stretching can be felt in the calf and the knee. Press heel to the ground. Hold this position.

Finishing position



Slowly leave this position and change to the other leg.

39 Side 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



Stand with legs apart. Back straight.

Description of movement



Move the centre of gravity to one side by bending one knee. The other leg remains stretched. Bend knee until a slight stretching can be felt in the other leg. Hold this position.

Finishing position



Slowly return to the starting position and change to the other side.

40 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 the pelvis forward until a light stretching can be felt on the front of the thigh. Hold this position.

Finishing position



Slowly return to the starting position. Change to the other side.

41 Thigh stretch

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 on one leg. Body upright.

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.

57 Dog / cat 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 possible

Flexibility

Starting position



Start in tabletop position with hips directly over your knees and wrists below shoulders.

Description of movement



Move your entire back into a round position (cat hump) and gently pull your head towards your sternum. Hold the position briefly.

Finishing position



Flow backwards and then bring your entire back into a hollow back position. Look gently upwards and tilt your pelvis slightly forwards and downwards. Hold the position briefly and then return to the cat-back position. Continuous slow movement.

58 Cobrastretch

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 possible

Starting position



Place your palms flat on the ground directly under your shoulders. Bend your elbows straight back and hug them into your sides.

Description of movement



Either hold the position or slowly straighten up even more and shift your weight onto your palms.

Finishing position



Two variations:
Support on elbows.
Support on palms.
Tense your shoulders slightly downwards for both variations.