

## 5 Lift the weights

### 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



Sit on a box. Feet on the floor, back upright. Hold full plastic bottles level with the ears, elbows flexed and pointing outwards.

### Description of movement



Lift bottles upwards in a semi-circular movement. Keep elbows pointing outwards.

### Finishing position



Bend arms again until hands are level with the ears. Continuous movement.

## 6 Bench press

### 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 a bench. Feet on the floor on either side, head on the bench. Hold the filled PET bottles on the side, at shoulder level, elbows flexed and pointing outwards.

### Description of movement



Push PET bottles up vertically.

### Finishing position



Lower arms back down slowly until hands are level with the shoulders. Continuous movement.

## 7 Throw in

### 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

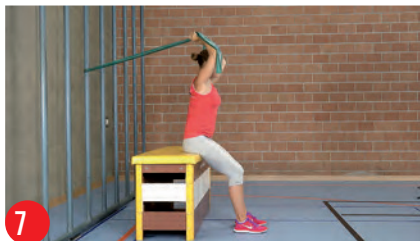
**Strength**

### Starting position



Sit on a box. Feet on the floor, back upright and to the wall. Fasten elastic band at the same height as the shoulders/head.

### Description of movement



Pull elastic band from behind the head forwards and upwards until hands are visible.

### Finishing position



Move arms slowly back behind the head. The elastic band should never lose its tension completely. Continuous movement.

## 8 Inward arm rotation

### 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



Sit on a box sideways to the wall. Feet on the floor, back upright. Hold elastic band with the near hand at elbow height, close to the body and at a 90 angle. Hold the other end of the band with the opposite arm.

### Description of movement



Pull elastic band inwards to the abdomen with a lateral movement keeping the elbow bent.

### Finishing position



Move arm outwards again. The elastic band should never lose its tension completely. Continuous movement.

## 9 Outward arm rotation

### 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



Sit on a box sideways to the wall. Feet on the floor, back upright. Hold elastic band at elbow height. Hold the other end of the band with the arm next to the wall. Keep elbow in a 90° angle close to the body.

### Description of movement



Pull elastic band outwards in a lateral movement keeping the elbow bent.

### Finishing position



Move arm inwards again. The elastic band should never lose its tension completely. Continuous movement.

## 10 Butterfly

### 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



Sit on a box. Feet on the floor, back to the wall. Hold elastic band at shoulder height with elbows slightly bent.

### Description of movement



Move arms forward in a semi-circular movement keeping elbows slightly bent.

### Finishing position



Move arms slowly back again until a slight stretching can be felt on the chest.

# 11 Lateral abdominal curls

## 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 the back. Bent legs, both arms stretched by the side.

## Description of movement



Push both arms upwards and forwards along one leg. Upper body follows the movement of 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.

## 12 Cobra

### 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 the front. Arms stretched out sideways

### Description of movement



Raise chest and head. Roll tennis ball under the chest from left to right.  
PLEASE NOTE: In case of hyperlordosis of the lower back spine) raise head and upper body only slightly and hold this position looking at the mat. Arms should remain stretched above the head.

### Finishing position



Lower upper body back to the ground, keep head in line all the time. Continuous movement.



# 13 Frog

## 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 the back. Legs and arms stretched out, head 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



Continuous movement.

## 14 Squats

### 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



Stand upright. Feet apart at hip width, back upright, arms crossed in front of the chest.

### Description of movement



Bend knees until they reach 90°. Shift weight to the heels.

### Finishing position



Stretch legs up slowly. Continuous movement.

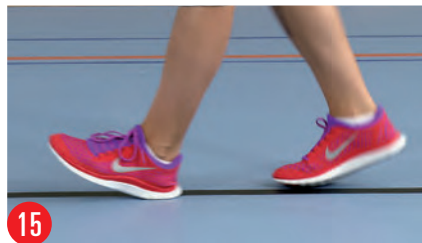
## 15 Foot marathon

### 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

### General information



### Repetitions



Walk with different styles:

- On the outside of the foot. Pull inner side up.
- On the inside of the foot. Pull outer side up.
- On the heels. Pull toes up.
- On the toes. Pull heels up.

Distance: 5 metres

For each style: 2 times 5 metres, two sets each.

Total time of this exercise: 4 minutes

## 16 Telemark

### 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



Take a long step forward. Front foot flat on the floor with knee slightly bent, back foot resting on the toes with leg almost stretched out, arms hanging down.

### Description of movement



Bend front and back knee until the back knee almost touches the ground. Upper body should remain upright.

### Finishing position



Rise slowly. Front knee should never be completely stretched. Continuous movement.

## 17 Leg raises - Standing

### 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

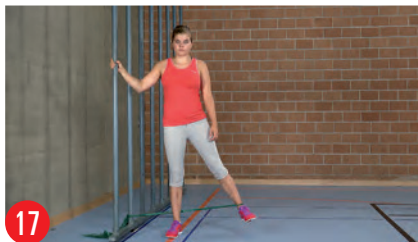
Strength

### Starting position



Stand sideways with weight on the leg close to the wall. Attach rubber band above the ankle of the other leg and connect it to the wall bars or the pole. Back upright, hold on to the wall bar/pole.

### Description of movement



Spread the leg outwards only as far as the hips can remain level. Keep leg straight.

### Finishing position



Move leg back slowly. Continuous movement. Change to the other side.

## 18 Sideways leg raises - Lying

### 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 sideways on a mat. Lower leg slightly bent. Attach rubber band around both ankles.

### Description of movement



Raise upper leg slightly but only as high that the hip can remain straight. Keep leg straight.

### Finishing position



Lower the upper leg back down. Change to the other side

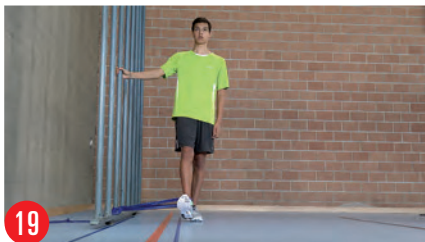
## 19 Standing Leg pull

### 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

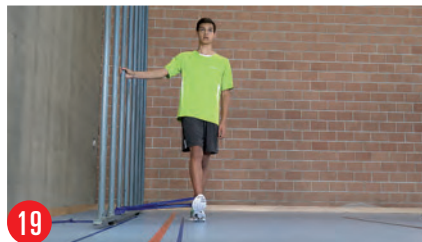
**Strength**

### Starting position



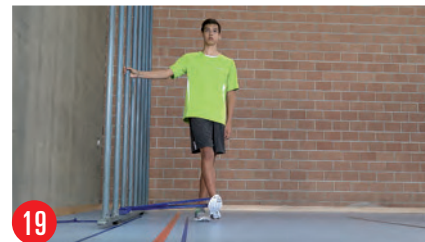
Stand sideways with weight on the leg away from the wall. Attach rubber band above the ankle of the other leg and connect it to the wall bar or the pole. Back upright, hold on to the wall bar/pole.

### Description of movement



Move leg in front of the standing leg but only as far that the hip remains level.

### Finishing position



Move leg slowly back again. Continuous movement. Change to the other side.

## 20 Cross - leg raises - Lying

### 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 sideways on a mat. Place upper leg in front of the lower leg, bent knee. Attach rubber band around both legs.

### Description of movement



Raise lower leg slightly behind the front leg. Keep leg straight.

### Finishing position



Lower leg back slowly without completely touching the mat. Continuous movement. Change to the other side.



## 21 Hip raises - easy

### 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 the back. Arms parallel to the body.

### Description of movement



Raise hips until there is a straight line from the knees to the shoulders.

### Finishing position



Lower the hips without touching the mat. Continuous movement.

## 22 Hip raises - intensive

### 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 the back. One leg bent, the other leg stretched out, arms parallel to the body.

### Description of movement



Raise hips until there is a straight line through the raised leg to the shoulders.

### Finishing position



Lower the hips without touching the mat. Continuous movement. Change to the other side.

## 23 Heel raises

### 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



Stand on the edge of a box on the front part of both feet. Heels in the air. Keep your balance holding on to the wall, a bar or a pole.

### Description of movement



Lower both heels until there is only a little weight on the rest of the foot.

### Finishing position



Slowly raise the heels as high as possible. Continuous movement.

## 24 Single leg heel raises

### 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



Stand on the edge of a box on the front part of one foot. Heel in the air, the other leg out in front. Keep your balance holding on to the wall, a bar or a pole.

### Description of movement



Lower the heel until there is only a little weight on the rest of the foot.

### Finishing position



Slowly raise the heel as high as possible. Continuous movement.

## 55 Arm and leg lifter

### Quantitative criteria

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

Strength

### Starting position



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

### Description of movement



Contract evenly. Move left elbow to right knee and then right elbow to left knee. Knee and elbow touch lightly. Move evenly into a stretched position. Left arm and right leg or right arm and left leg are stretched out at the same height. Be careful not to fall into a hollow back. Keep your shoulders and pelvis stable.

### Finishing position



Continuous movement.

## 56 Climbing stairs

### Quantitative criteria

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

Strength

### Starting position



Upright posture. Both feet parallel on the floor.

Easy variation: one vaulting box section.

Heavy version: two vaulting box sections.

### Description of movement



Place first foot on the vaulting box, opposite arm moves forwards. Second foot follows, opposite arm moves forwards. Stand on the vaulting box. Place the first foot back on the floor. The second foot follows. Both feet are on the floor.

### Finishing position



Continuous movement.

The starting foot can be changed at any time.