

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

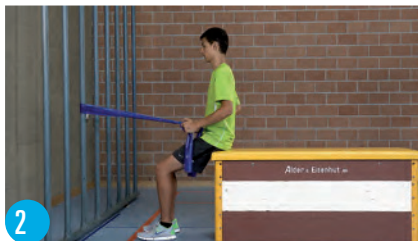
Endurance

Starting position



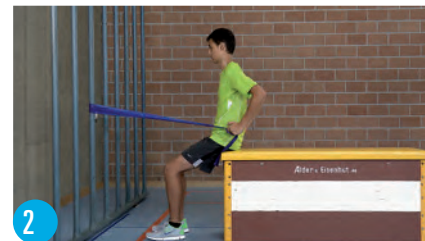
Sit on a box facing the wall. Feet on the floor, back upright. Fasten elastic band at elbow height. Keep elbows slightly bent.

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.

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

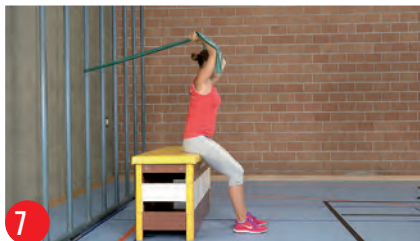
Strength

Starting position



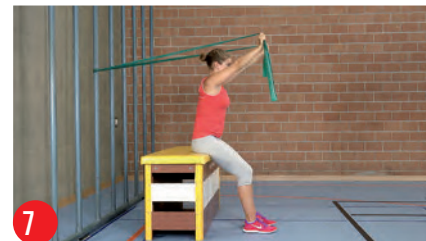
Sit on a box. Feet on the floor, back upright and to the wall. Fasten elastic band at the same height as the shoulders/head.

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.

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.

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



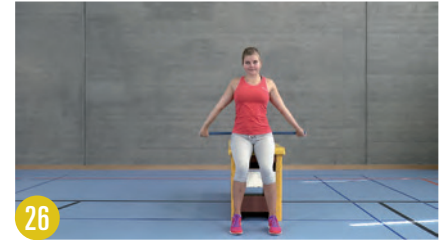
Sit on a box. Feet on the floor, back straight. Hold pole at both ends to make a triangle with the arms.

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.

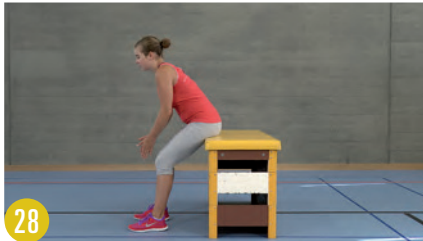
28 Double hand-clapping

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

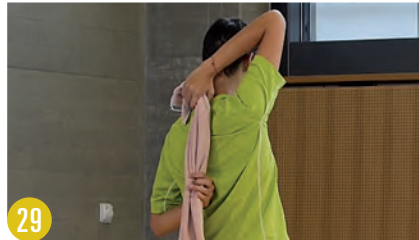
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

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.

42 Juggling

Quantitative criteria

Repetitions	Until balls are dropped
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Juggling with several balls.

Finishing position



Continuous movement.

43 Bouncing a ball

Quantitative criteria

Repetitions	30 or until ball is lost
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

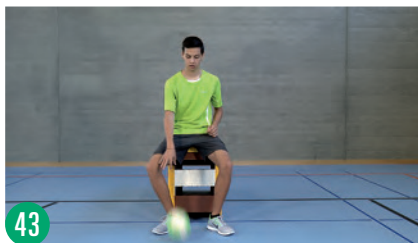
Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position



Continuous movement.

44 Bouncing two similar balls

Quantitative criteria

Repetitions	30 or until ball is lost
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position



Continuous movement.

45 Bouncing two different balls

Quantitative criteria

Repetitions	30 or until ball is lost
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce one ball on the right side, the other on the left side.

Finishing position



Continuous movement.