

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

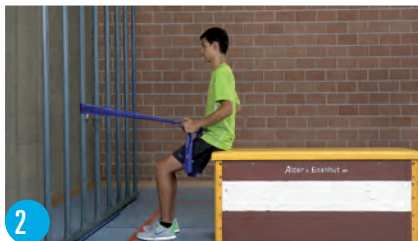
Endurance

Starting position



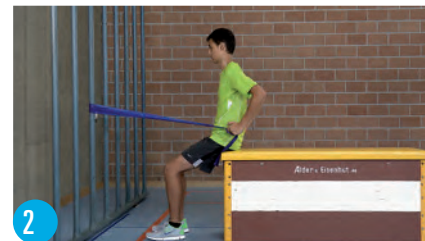
Sit on a box facing the wall. Feet on the floor, back upright. Fasten elastic band at elbow height. Keep elbows slightly bent.

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

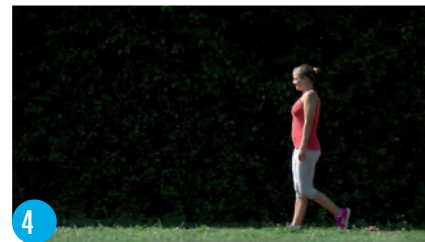
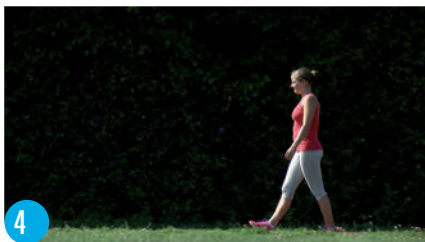
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.

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 side-ways

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.

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



32

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

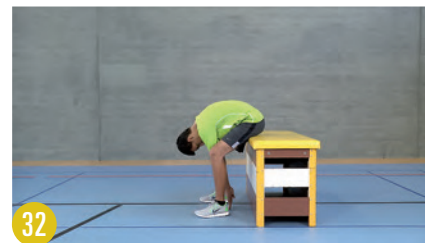
Description of movement



32

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

Finishing position



32

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.

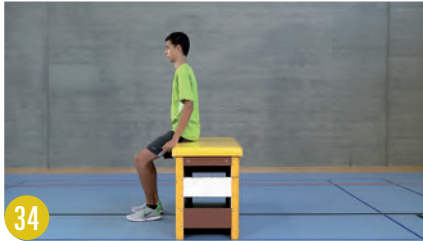
34 Trunk rotation

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



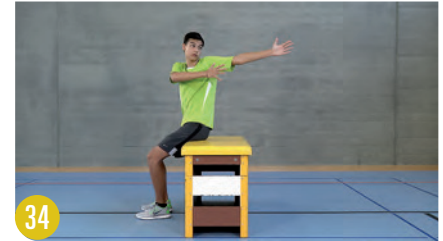
Sit on a box. Feet on the floor, back straight.

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.

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.