

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

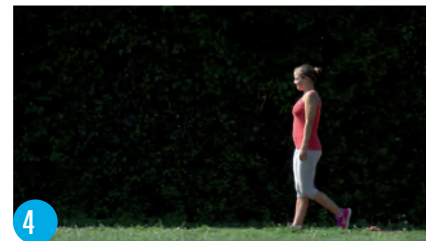
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.

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.

29 Arm pulls

Stretching

Quantitative criteria

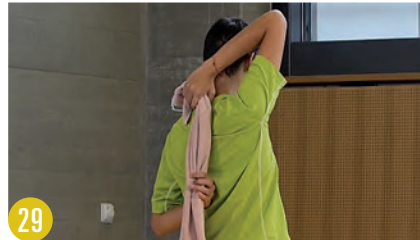
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

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.

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.

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.

52 Breathing exercise

Quantitative criteria

Repetitions	5 - 10
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 Minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Relaxation

Starting position



Lie on the back with bent legs. Place one hand on the stomach, hold balloon with the other hand.

Variation: Hold balloon with both hands.

Description of movement



Inhale deeply through the nose so that the hand is pushed upwards and breath out through the mouth to keep the balloon balanced in the air. Exhale smoothly and slowly.

Finishing position



Do not repeat exercise too often. Maximum 5 times and then rest.

53 Foot massage

Quantitative criteria

Length	30 seconds
Movement rhythm	Continuous movement
Sets	3
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Relaxation

Starting position



Lie on the back. Legs bent.

Description of movement



Place one foot on the tennis-ball and role it forward and backward under the sole.

Finishing position



Change to the other foot.