

## 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

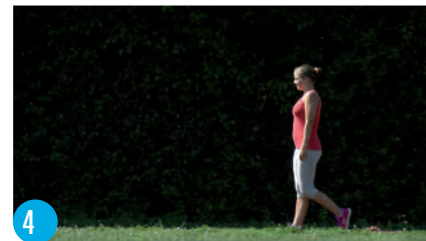
## 4 Walking

### 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.

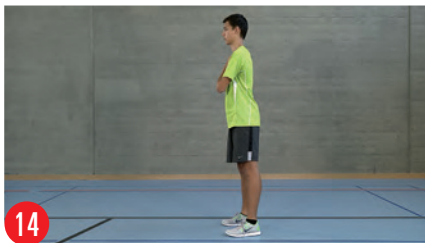
## 14 Squats

### 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

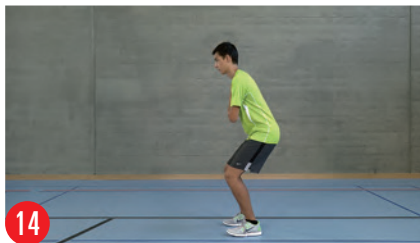
**Strength**

### 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

## 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.

## 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.

## 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



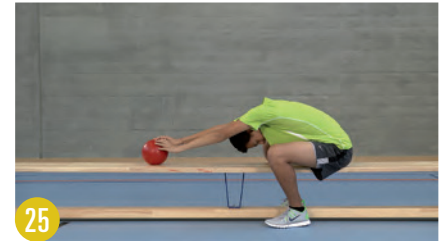
Sit on a bench. Feet on the floor on either side, back straight.

### 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



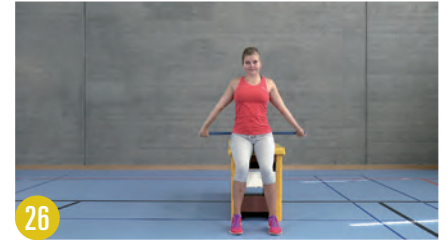
Sit on a box. Feet on the floor, back straight. Hold pole at both ends to make a triangle with the arms.

### 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.

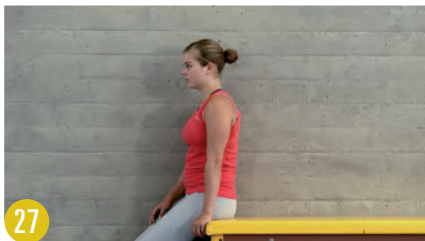
## 27 Javelin thrower

### 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.

## 29 Arm pulls

Stretching

### Quantitative criteria

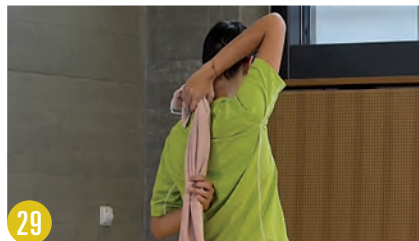
Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

### 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



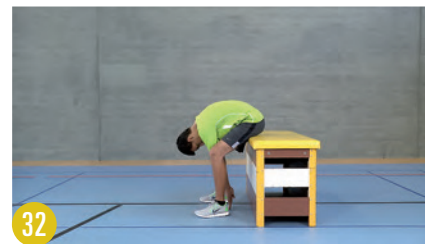
Sit on a box. Feet on the floor, back straight.

### 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.

## 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.

## 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

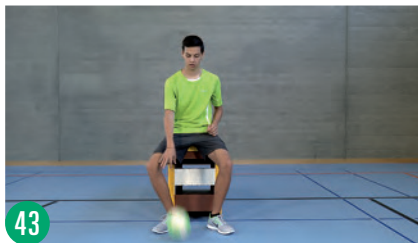
### Coordination

### 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.

## 46 Balancing on one leg

### Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

### Coordination

### Starting position



Stand on one leg on the mat. Back straight, arms hanging down.

### Description of movement



Raise the other leg forward horizontally, slightly bent. Remain standing in a stable position as long as possible.

### Finishing position



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

## 47 T- Balance

### Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

### Coordination

### Starting position



Stand on one leg on the floor. Arms hanging down, the other leg raised forward horizontally and slightly bent.

### Description of movement



Slowly swing the leg to the back and stretch it out. At the same time bend the trunk forward and stretch the arms sideways.

### Finishing position



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

# 48 Dreaming policeman (easy)

## Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

### Starting position



Stand on the heels. Arms hanging down, back straight.

### Description of movement



Rock from the heels to the toes.

### Finishing position



Move back to the heels again and repeat continuously.

## 49 Dreaming policeman (medium)

### Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

### Starting position



Stand on the heel of one foot and on the toes of the other.

### Description of movement



Rock from the heel to the toes of one foot. At the same time rock from the toes to the heel of the other foot.

### Finishing position



Continuous movement.

## 50 Dreaming policeman (difficult)

### Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

### Starting position



Walking position. Front leg on the heel, rear leg on the toes, arms in reverse to the legs.

### Description of movement



Make a 180° turn, at the same time one foot changes from the heel to the toes and the other from the toes to the heel. Arms change position as well.

### Finishing position



Continuous movement.

## 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.

## 54 Cowboy

### 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



Sit on the gym ball. Feet on the floor, back straight, arms crossed in front of the chest.

### Description of movement



Bounce up and down on the gym ball.

### Finishing position



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

Strength

### 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

### 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.

## 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.

## 59 Hula-Hoop

Coordination

### Quantitative criteria

Repetitions

Until hoop falls down,  
no longer than 30 seconds.

Movement rhythm

Continuous movement

Sets

3 - 5

Rest between sets

10 seconds

Total exercise time

5 minutes

Exercise units

Daily possible

### Starting position



Place your feet on the floor approximately hip-width apart. Set the hoop in motion by moving your arms back and forth. Release the hoop and keep it swinging with pelvic movements. Choose your arm position freely.

### Description of movement



Circling the pelvis.

### Finishing position



Continuous movement.