

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

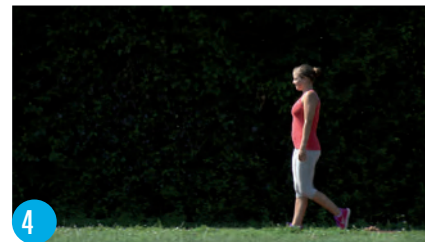
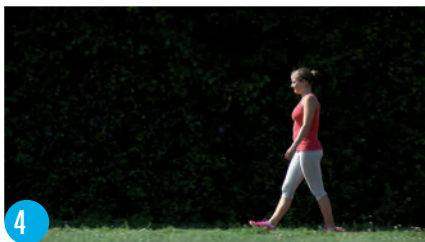
4 Walking

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.

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.

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

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.

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.

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.

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.