

Make sure to take breaks between the series to loosen up. Don't forget regular breathing in and out.



Warm-up:

Running with arm variations

To warm up, start with easy running on the spot. Vary this by swinging your arms alternately, letting the arms move in a circular motion to the running rhythm or punch them forward.

TIME: 3 - 5 minutes

INTENSITY: Calm speed Do not get out of breath



Buttocks strength:

Buttock lift

Lying on your back with your legs bent, bend one knee until you can push against it with both hands. Now, lift your pelvis until the hip joint of the supporting leg is extended. Slowly lower the pelvis back down to the floor. Only change sides after one series.

BEGINNERS: 6 - 10 x in 3 series

ADVANCED: 11 - 15 x in 3 series



Back strength:

Back stretch

Lying on your stomach, tense your abdominal and bottom muscles. Bend your arms in a "U" shape. Try to lift your shoulder girdle only a few centimetres off the floor. Your head stays straight in the extension of the spine. Placing a towel under your stomach helps to prevent arching your back.

BEGINNERS: 6 - 8 x 5 seconds

ADVANCED: Hold for 3 x 15 - 20 seconds



Stretch:

Front of leg

Lying on your side, bend the bottom leg in the hip and knee joint at right angles. Hold the foot of the top leg and pull your leg back towards your bottom until you feel a stretch in the thigh. Tense your abdominal muscles to stop your back from arching.

TIME: 3 x 20 - 30 seconds

INTENSITY: stretch gently - avoid pain



Abdominal strength:

Sit-ups

From a lying-down position, use your hands to support the base of the spine. Put your legs at right angles with your toes pulled up. Press your heels into the floor slowly roll your upper body a few centimetres upwards without swinging. Then, lower your body slowly again.

BEGINNERS: 8 - 12 x in 3 series

ADVANCED: 13 x 18 x in 3 series



Relaxation:

Pelvic twist

Lying on your back, bend both legs. Put your arms to the side in a "U" shape. Now, rotate both knees to the left towards the floor, also letting the pelvis rotate. Make sure that the shoulder girdle remains in place. Hold the rotation position for several seconds before turning both knees to the other side.

TIME: 2 - 3 minutes

Calm and relaxed stretch.

Breathing in and out several times on the stretched side.



Stretch:

Back of leg

Lying on your back, bend one leg and pull it towards your body with both hands. The other leg should stay stretched out on the floor, if possible. While keeping your hips bent, slowly extend your knee joint until you feel a stretch in the back of your thigh.

TIME: 3 x 20 - 30 seconds

INTENSITY: stretch gently - avoid pain



Shoulder girdle strength:

Knee push-up

On all fours, tense your stomach muscles so that your back does not sag. Lower your body by bending your arms until you are close to the floor. Then, extend your arms again. Loosen your arm muscles during the breaks.

BEGINNERS: 8 - 11 x in 3 series

ADVANCED: 11 - 15 x in 3 series



Leg strength:

Lunge

From the lunge, both knee joints are slowly bent to 90 degrees and the body is lowered. Without putting the back knee on the floor, now stretch both legs. Pay attention to good balance and only switch to the other front leg after a full series of exercises.

BEGINNERS: 6 - 10 x in 3 series

ADVANCED: 11 - 15 x in 3 series



Torso strength:

Whole-body tension

On all fours, lift one arm and the opposite leg horizontally. Balance by increasing body tension. Extend lengthwise! Return your arm and leg to the support position and exercise with the other side.

BEGINNERS: Hold for 3 - 4 x 5 seconds

ADVANCED: Hold for 3 - 4 x 10 seconds