

**WHOLE-BODY PROGRAMME**

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



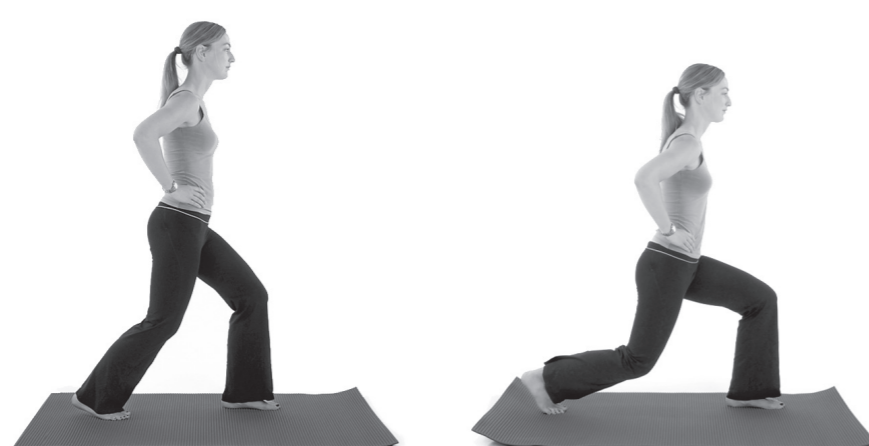
*Shoulder girdle strength:*

**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