

## TRAINING INSTRUCTIONS:

Consult your doctor before beginning training to confirm the scope of exercise suitable for you. In case of special conditions, such as wearing a pacemaker, inflammatory conditions affecting the joints or eyes, orthopaedic complaints or pregnancy, a suitable training programme must be agreed upon with your doctor. Incorrect or excessive training may put your health at risk! Stop training immediately and consult a doctor if any of the following symptoms arise: nausea, dizziness, shortness of breath or chest pains.

Not suitable for therapeutic training!

## Introduction:

The following exercises are intended to increase strength and act as a first step towards a healthier lifestyle. Please consult a doctor before beginning training if you experience problems with the musculoskeletal system.

## WARMING UP:

Always warm the body up. For this, we recommend approx. 5-10 minutes of walking or jogging. Alternatively, use a cardio machine, such as a stationary bike or cross trainer. Stretch joints after exercising. Shoulders: roll both shoulders backwards; Arms: stretch both arms out and wrap around the body; Back: place the hands on the upper thighs, curve back and stretch. Rest between stretches. Do not forget to breathe in and out regularly.

## TRAINING PROCEDURE:

Plan a warm-up routine of 5-10 minutes into your training regime. This gives your body time to get used to the exercise and thus prevents injury. Carry out all exercises in a slow, flowing and controlled manner. Make sure that you have sufficient space around you to carry out the exercises. Wherever possible, breathe out when contracting muscles and breathe in when relaxing muscles. As a beginner or if returning to exercise, carry out 2 to 3 sets of 5 or 10 depending on the exercise. Advanced individuals can do 3 sets or 20 to 30 per exercise.

We recommend having a break of 30 sec. between sets. If you are unable to maintain the posture described due to fatigue, finish the exercise. Increase training slowly and appropriately. After each exercise, take a break of 3-5 minutes. During this time, relax the muscles. Do stretch exercises at the end of each training session. Please observe the safety instructions.



### Back extensor with counter-movement

You are in a quadrupedal position. Extend your left leg and right arm. Build body tension by tensing stomach and buttocks. Hold this position. Now perform the counter-movement by pulling the right elbow to the knee underneath the body. Hold this position. Now move back to the stretched out position. Change sides after 5 repetitions.



### Pelvis lift

Lie on your back and place your arms next to you. Your feet should be parallel to one another and shoulder-width apart. Now point your toes upwards and shift your body weight onto your heels. Now lift your pelvis up. Upper body and thighs form a straight line. Without letting your buttocks rest on the floor, make slow and controlled up and down movements.



### Abdominal press

While lying on your back bend your legs at a 90 degree angle. Your hands support the cervical spine. Lift your upper body slowly and without swinging. Hold this position for a few seconds. Then slowly lower your body. Repeat this exercise 3 times with 10 repetitions each.



### Torso lift

Lie on your stomach and bend your arms into a U-shape. Now slightly lift your torso and feet while looking at the floor. Hold this position for approx. 10 seconds before lowering your arms and feet. Place a towel underneath your stomach to avoid a hollow back.



### Frontal thigh stretches

Lie on your side and either place your head on the mat or support it. Either extend the lower leg or hold it at a slight angle. Tense stomach and buttocks, grasp the upper leg by the ankle and pull it back. Hold this position for at least 10 seconds and then change sides.