



Aktion Gesunder Rücken e. V.

Exercises for mobilisation, stretching and stabilisation

Exercises with the Balance Pads

AGR
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Exercise 1:

Arm/leg balance

Starting position: prone position, arms stretched out in front, legs open, toes pointing outwards.

Exercise: raise and lower the upper part of your body, arms and legs at the same time. Repeat 16 times.



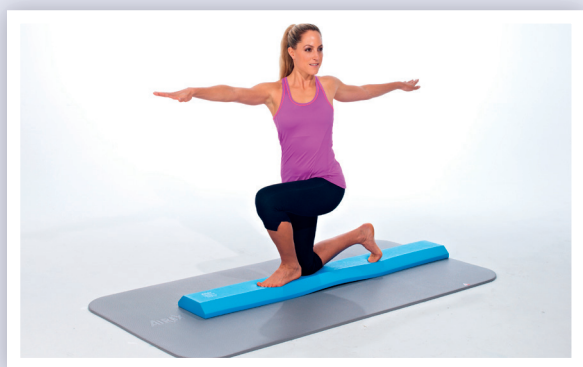
Exercise 2:

Stretching the hip flexors

Starting position: on all-fours, move one leg forward bent at the knee, hands on your buttocks.

Exercise: push buttocks toward the front heel, pulling down at the same time.

Variation: grasp your foot to move your calf towards your buttocks. Hold the position, then change sides.



Exercise 3:

Inline lung with rotation

Assume inline lung position. Position your heel to form a line with your knee, put your hands at your neck and turn your torso through 90 degrees to the front leg.

Effect: stabilises the hip axis

Variation: close your eyes.

Duration: 15 to 30 seconds, then change legs.



Exercise 4:

On your back

Lie on your back and stretch your back with very long arms.

Effect: stretches the chest muscles, mobilises the thoracic spine. Hold for 15 to 30 seconds.