

Aktion Gesunder Rücken e. V.

Simple back exercises for everyday use

Exercising with barbells:

Straight short barbells are easy to handle and ideal for effectively improving endurance. Choose the barbell weight so that you can do the exercises without tension in your shoulders



AGR
Aktion Gesunder Rücken e.V.



Exercise 1:

Strengthens the deep back muscles and stabilises the spinal column

Sit upright on a chair and stretch your arms upwards. Tilt the upper part of your body forwards. Now raise and lower both arms in short chopping movements for about 30 seconds, stretching your spinal column.



Exercise 2:

Strengthens the shoulder and chest muscles

Lift both arms at the side with the elbows bent. Bring the barbells and your elbows together in front of your head, then move them apart again. Perform the movement about 10 times.



Exercise 3:

Trains the back and shoulders

Bend your elbows again and lift your arms up at the sides. Then turn your arms alternately up and down in the shoulder joints. Perform the movements about 10 times.



Exercise 4:

Strengthens the shoulders

With your arms on the level of your breastbone, stretch them both out in front of your body. Then move them sideways past your body to the back and bring them forward again. Repeat the exercise about 10 times.