

Aktion Gesunder Rücken e. V.

Simple back exercises for everyday use

Exercising with the Powerball:

The Powerball is ideal for varied stretching and strengthening exercises and is particularly effective for training your sense of balance.

AGR
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Exercise 1:

Strengthens the abdomen muscles

Sitting in a relaxed position on the Powerball, lift your left knee and use your right hand to exert force against it, while stretching your left arm towards the ceiling. Then change legs. Repeat about 10 times.



Exercise 2:

Strengthens the back

Lie on your stomach on the ball, supporting yourself with your hands and toes on the floor. Now slowly raise and stretch your left arm and right leg. Hold the tension briefly, then change arms and legs. Repeat the exercise about 15 times. Perform the movement about 10 times, arms.



Exercise 3:

Strengthens the gluteal muscle

Lying on your back, place your heels on the ball. Then move your hips slowly up and down, making sure you don't do a hollow back. Repeat the exercise about 20 times.



Exercise 4:

Stretches the shoulder muscles

Kneel in front of the Powerball and place both arms on the ball. Push your breastbone slowly towards the floor and turn the upper part of your body slowly from left to right. Perform the exercise about 10 times.