

Aktion Gesunder Rücken e. V.

Exercises for strengthening and mobilisation

Exercises with the Dynair XXL



AGR
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Exercise 1:

Strengthens all the muscles in your back

Lie in a prone position on the Dynair XXL and bring your arms up over your head to the front. Tense your whole body, pulling the upper part of your body upwards and raising your feet from the floor. Now turn the upper part of your body alternately to the right and left. Include your head in the movement. Repeat about 15 times each side. Do the exercise 3 times.



Exercise 2:

Strengthens the oblique muscles in your abdomen

Lie on your back with the upper part of your body on the Dynair XXL. Bend your knees with your feet flat on the floor; put your hands behind your head for gentle support. Now raise the upper part of your body slightly and from this position, turn with good control to the right, back to the middle and to the left. Repeat about 15 times each side. Breathe evenly. Do the exercise 3 times.



Exercise 3:

Strengthens the side torso muscles

Lie on your side on the Dynair XXL, with your pelvic bones positioned vertically. Rest your head on your lower arm which is stretched out. Now pull the upper part of your body up to the side. Repeat about 15 times for each side. Do the exercise 3 times alternately.



Exercise 4:

Mobilising and strengthening your lower back

Sit in the middle of the Dynair XXL in an upright position with your legs loosely crossed. Now tip your pelvis to the right and left with good control. This brings your lowest costal arch close to the respective iliac crest. Repeat about 15 times each side. Do the exercise 3 times.