



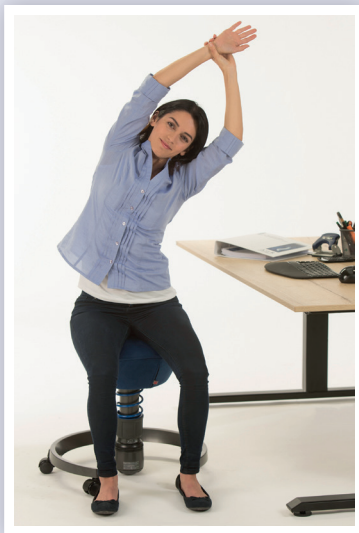
Aktion Gesunder Rücken e. V.

4 exercises for in-between

They don't take much time, effectively prevent tension and compensate for posture that is often too rigid, e.g. when sitting.

Important: The stretching sensation is highly individual. When stretching, always hold your position when it begins to feel unpleasant and maintain the tension.

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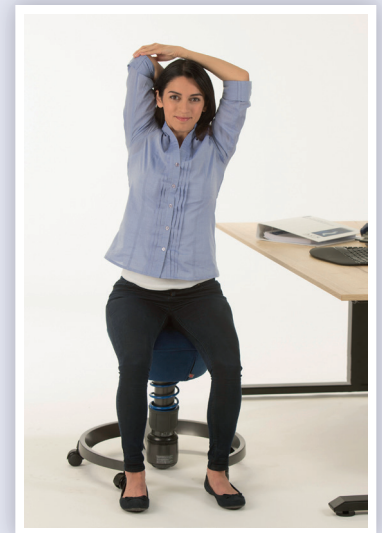
Exercise 1a:

Stretching your shoulders. Brief stretching helps to prevent tension. To stretch your back and shoulders, stretch your arms upwards, grasp your left wrist with your right hand and pull your left arm to the right. Hold the tension for a few seconds, then change to the other side.



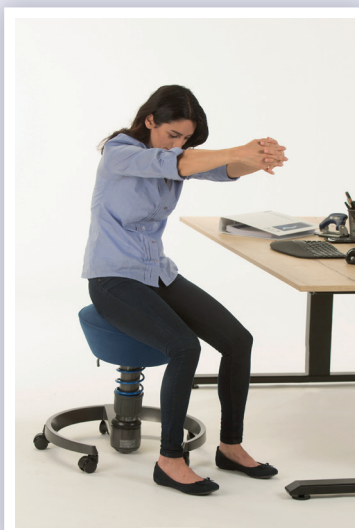
Exercise 1b:

This is another exercise to stretch your shoulders. Stretch one arm out in front of you; with the other hand, grasp your upper arm and pull it over your body to the side. Hold the tension, then repeat for the other side.



Exercise 2:

Stretching your upper arms. Stretch your right arm over your head then bend it at the elbow; with your left hand, grasp your elbow joint and pull it towards your left shoulder. Hold the tension for about ten seconds, then repeat for the other side.



Exercise 3:

Stretching your shoulder and neck muscles. Stretch your arms away from your body and fold your hands. Bend your head forwards until you can clearly feel that you are stretching. Hold the tension.



Exercise 4:

Sit upright on a chair and stretch your arms forwards. Shake the Brasils for about 30 seconds with short, fast chopping movements. This trains the muscles of your upper arms and back.