



Aktion Gesunder Rücken e. V.

Exercises for strengthening the muscles

Exercises with the Jumper

AGR
Aktion Gesunder Rücken e.V.



Exercise 1:

Strengthens all your abdomen muscles

Lie on your back on the Jumper. Activate all your torso muscles and raise your extremities. Stretch your right leg out, while pulling your left leg in. At the same time, stretch your left arm over your head and position your right arm parallel to your body. Change over. Repeat about 15 times for each side. Do the exercise 3 times.



Exercise 2:

Strengthens the muscles in your lumbar spine and at the back of your thighs

Lie down on your back with your knees bent and your feet on the Jumper. Now raise your buttocks. In this position, stretch one leg up to the front in extension of your thigh. Make sure your buttocks do not lose height. Repeat alternately about 10 times for each side. Repeatedly lower your buttocks in between. Do the exercise 3 times.



Exercise 3:

Strengthens all your back muscles and legs

Turn the Jumper so that the black plate is at the top. Assume a press-up position and make sure you keep your body straight. Now bring one foot at a time up to the side of the Jumper and then put it back again. Repeat 10-15 times each side. Do the exercise 3 times.



Exercise 4:

Strengthening the side torso muscles

Lie sideways on the Jumper. Use your forearm for support and make sure that your elbow is positioned vertically under your shoulder. The pelvis bones are positioned vertically. Now raise your closed, stretched legs working from your waist and then lower them again. Repeat 10-15 times. Do the exercise 3 times alternately.